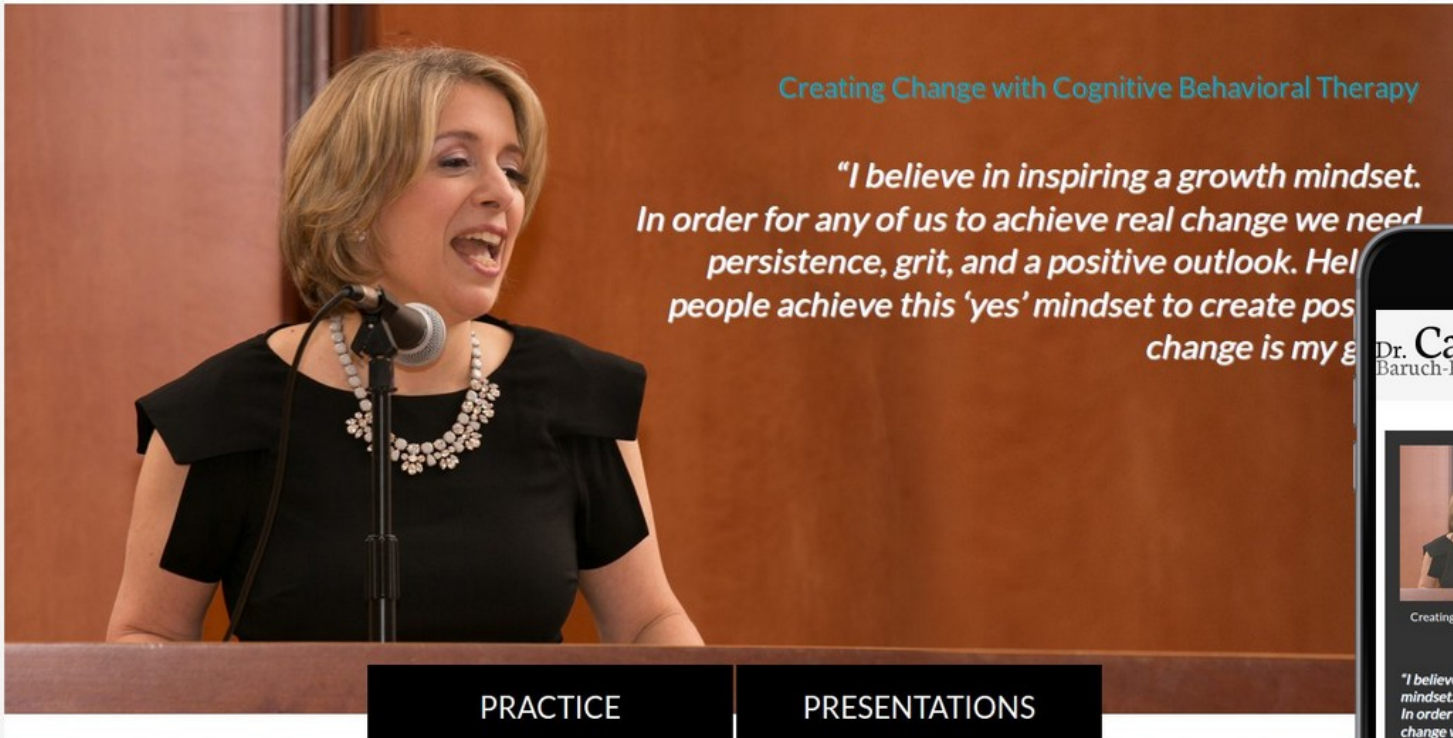


Contact

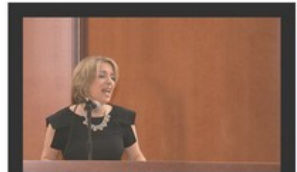
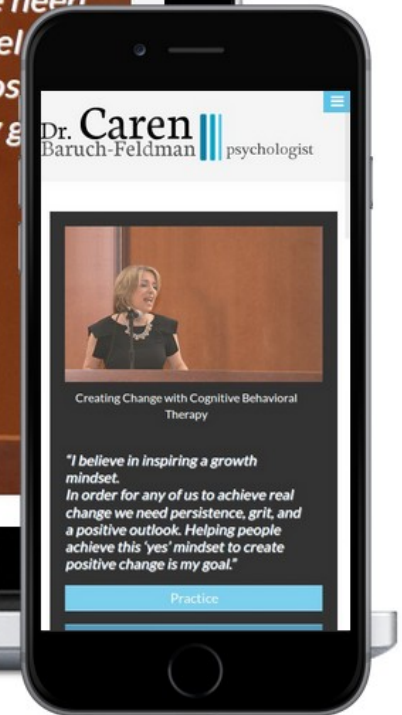


Creating Change with Cognitive Behavioral Therapy

*"I believe in inspiring a growth mindset. In order for any of us to achieve real change we need persistence, grit, and a positive outlook. Helping people achieve this 'yes' mindset to create positive change is my goal."*

PRACTICE

PRESENTATIONS



Creating Change with Cognitive Behavioral Therapy

*"I believe in inspiring a growth mindset. In order for any of us to achieve real change we need persistence, grit, and a positive outlook. Helping people achieve this 'yes' mindset to create positive change is my goal."*

Practice