



Wishing you happy holidays this winter season!

Even if the weather has us mixed-up about the season, it's hard to confuse the festive lights and decorations that shout, "Happy Holidays."

This season brings family and friends together and helps us remember kindness, love, and connectedness. However, it can also remind us of conflict, insecurities, and issues with alcohol and food.

If this is you, rest assured that you are not alone. For most people, this time of year

is filled with mixed emotions ranging from happy, sad, angry, guilty, and lonely just to name a few.

What to do? Make the best of the good and the bad. Don't try to do it all. Breathe, deeply. Learn about stress management for the holidays. And be sure to take time to care for your own needs.

Call it coaching?

Life or executive coaching is a good thing. Counseling or psychotherapy is bad. WAIT! Is this true? NO! But, there is a false belief that weak people with problems go to counseling, while the ones with success and wealth have coaches. Silly, isn't it?

The reality is that coaching,* counseling, and psychotherapy are all ways to improve your self, improve relationships, change habits, and achieve goals. There are many good benefits to counseling & psychotherapy.

Don't let a word or false belief stop you. Counseling

News & Specials

- Office now open!
- Appointment times available
- Holiday specials to save you money
- Give the gift of counseling



Psychotherapy,
supportive counseling,
coaching, groups,
& seminars


Children, adolescents,
adults, & seniors

Social work consulting
for healthcare &
community resources

Services can be
tailored for businesses
& organizations

Services for:

Anxiety	Panic attacks
Depression	Self-esteem
Grief & loss	Life transitions
Health	Coping skills
Social skills	Personal growth

Communication skills	
Stress management	
Disordered eating	
Caregiver stress	
Parenting/family issues	
ADHD & behavior problems	
Defiance	

New office opens

Furnished like a living room (yes, there's a couch), it feels warm and comfortable.

Conveniently located at Irvine and Prospect in Tustin.



could be exactly what you're looking for. It's an investment in you!

Feel free to call me to discuss your options at (949) 933-9146.

*Please be aware: No regulatory standards exist for the coaching industry. In contrast, psychotherapists have requirements for education, supervised client contact hours, licensing exams, and continuing education.