

# A New Dawn, A New Beginning, LLC



DISCOVERING A HEALTHIER YOU THROUGH MENTAL HEALTH SERVICES

## Who We Are

### ***Our goal is simple: A New Dawn, A New Beginning!***

Through support and the power of therapy, we would like to help you reach a place where you can strive to live a happy, healthy, balanced life.

In our approach, we will examine all aspects of your life, including; emotional health, environmental stress, physical health, and mental health. Under this process we will be able to better determine the best therapeutic approach.

We believe all people should be treated with respect and accepted for their unique differences.

Our training and experience spans across all age groups, as well as a host of diverse ethnicities and cultures. We utilize an eclectic approach of therapeutic techniques and interventions. We understand that the decision to seek treatment is a difficult one and we are here to listen and help you find solutions.

## Our Services

**Parenting Course** - The State of Florida requires parents seeking a divorce and have children under the age of 18 to complete a Parent Education and Family Stabilization Course. Our practice is an approved provider of this in-person course.

**Individual Counseling** - a process through which clients work one-on-one with a trained therapist

**Family Counseling** - designed to identify family patterns that contribute to relational conflict and communication issues.

**Couples or Marriage Counseling** - offered to support people in relationships who may be considering separation or seeking improved intimacy and understanding.

**Anger Management** - training for temper control and is the skill of remaining calm and composed. Curriculum based on the Substance Abuse & Mental Health Administration.

**Parenting Education Classes** - using a positive parenting program to address difficult behavior, while building your child's self esteem and social cues.

### **Additional Counseling Services Include**

*(but are not limited to):*

**Substance Abuse Therapy**

**Grief and Loss**

**Anxiety & Depression**

**ADHD & Behavioral Disorders**

**Crisis Intervention**

**Eating Disorders**

**Trauma & PTSD**

**Case Management Services**

**EAP**

**Domestic Violence Assessments**

### **Interested in our services?**

**Contact us for more  
information.**

**A New Dawn, A New Beginning, LLC**

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**\*We accept most major insurance plans\***