



*A good samaritan since 1974, faithfully serving SWM through behavioral counseling, coaching, consulting, education, and prevention.*



**Peggy Lett,**  
LPC, NCC

***Peggy Lett received her Masters in Counseling from Oakland University in Rochester, MI. She is a member of the American Association of Christian Counselors, and is a National Certified Counselor. Peggy has over 10 years of clinical experience in faith-based counseling.***

***Peggy treats clients with individual, family, couple, and group issues. She specializes in Cognitive Behavioral treatment which provides the best results for each individual client in the following age groups:***

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| ✓ Adults | ✓ Seniors |
|----------|-----------|

***Peggy has been with Center[ed] On Wellness for since 2014 and excels in the following client issues:***

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|----------------------------|----------------------------|----------------------------|--------------------------|
| ✓ Aging Issues             | ✓ Conflict Resolution      | ✓ Intimacy Issues          | ✓ Retirement             |
| ✓ Anger Management         | ✓ Crisis Response          | ✓ Learning Challenges      | ✓ Separation             |
| ✓ Anxiety and Fears        | ✓ Depression               | ✓ Loss & Life Transitions  | ✓ Stress Management      |
| ✓ Behavior Disorders       | ✓ Divorce/Separation       | ✓ Marriage Issues          | ✓ Stress Reduction       |
| ✓ Blended Families         | ✓ Employee Assist. Program | ✓ Mediation                | ✓ Social Skills Training |
| ✓ Cancer & Chronic Illness | ✓ Faith & Spiritual Issues | ✓ Parent/Child Issues      | ✓ Transitions            |
| ✓ Career Coaching          | ✓ Grief                    | ✓ Parenting                | ✓ Trauma                 |
| ✓ Communication Issues     | ✓ Health Issues            | ✓ PTSD                     | ✓ Women's & Men's Issues |
|                            |                            | ✓ Premarital Consult       |                          |
|                            |                            | ✓ Relationship Differences |                          |

***Peggy is currently accepting a limited number of new clients at her St. Joseph and Sawyer locations. Please contact Center[ed] On Wellness for her availability and to set up an appointment.***

<p>SATELLITE OFFICES Coloma, Niles, St. Joseph, Stevensville, South Haven, Sawyer</p>	<p>MAIN OFFICE 1850 Colfax Avenue Benton Harbor, MI 49022</p>	<p>PHONE 269.926.6199 FAX 269.926.6780 EMAIL info@centeredonwellness.info WEB SITE centeredonwellness.info</p>	
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