



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



Josephine Cassar,
MSW, LMSW, SSW, LMFT

Josephine Cassar has a Bachelor of Arts Degree from the University of Michigan (Ann Arbor) and a Masters of Social Work from Wayne State University (Detroit). In the state of Michigan, she holds a license in Masters of Social Work (Macro & Micro) and also a license in Marriage and Family Therapy. For the past 30 years, Josephine has been serving clients ranging in age from three to eighty.

As a school social worker, Josephine worked as a child behaviorist, evaluating and treating at risk children, including ADHD, bi-polar and spectrum adolescents, and developing behavioral intervention plans for children, parents, and schools. Those skills serve her well while providing individual counseling to children and families. Josephine also works with adult clients utilizing an eclectic therapeutic technique that provides best results for each individual client in the following age groups:

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|------------|---------------|----------|-----------|
| ✓ Children | ✓ Adolescents | ✓ Adults | ✓ Seniors |
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Josephine has been with Center[ed] On Wellness for since 2008 and excels in the following issues:

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|----------------------------|----------------------------|----------------------------|--------------------------|
| ✓ Abuse | ✓ Conflict Resolution | ✓ Intimacy Issues | ✓ Retirement |
| ✓ ADHD | ✓ Crisis Response | ✓ Leadership Consult | ✓ Separation |
| ✓ Aging Issues | ✓ Depression | ✓ Learning Challenges | ✓ Sexual Abuse |
| ✓ Alcohol Issues | ✓ Divorce/Separation | ✓ Loss & Life Transitions | ✓ Sexual Dysfunctions |
| ✓ Anger Management | ✓ Eating Disorders | ✓ Marriage Issues | ✓ School Performance |
| ✓ Anxiety and Fears | ✓ Educational Consult | ✓ Mediation | ✓ Stress Management |
| ✓ Art Therapy | ✓ Employee Assist. Program | ✓ Mood/Behavior Disorders | ✓ Stress Reduction |
| ✓ Attention Difficulties | ✓ Executive Coaching | ✓ Parent/Child Issues | ✓ Social Skills Training |
| ✓ Behavior Disorders | ✓ Faith & Spiritual Issues | ✓ Parenting | ✓ Testing/Evaluations |
| ✓ Bipolar Disorder | ✓ Grief | ✓ Play Therapy | ✓ Transitions |
| ✓ Blended Families | ✓ Health Issues | ✓ PTSD | ✓ Trauma |
| ✓ Cancer & Chronic Illness | | ✓ Premarital Consult | ✓ Women's & Men's Issues |
| ✓ Career Coaching | | ✓ Relationship Differences | ✓ OTHER: |
| ✓ Communication Issues | | | |

Josephine is currently accepting a limited number of new clients at her Benton Harbor location. 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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