

## WHO WE ARE

Hearts In Mind Counseling Clinicians are diverse and have a multitude of trainings in specialty areas to meet your mental health needs.

## WHAT WE OFFER

Helping individuals, couples, and families navigate and understand their purpose in life while providing relatable life experiences to address their circumstances.

## OUR PROCESS

Upon contacting Hearts in Mind Counseling, our staff will set up a consultation appointment for you with a therapist that best matches your areas of concerns for treatment.

At your first appointment, your therapist will discuss confidentiality of treatment information and the fees for services. Your therapist will also fully discuss your areas of concerns, the services they offer, and begin to set up a custom plan to meet your treatment goals. If for some reason our office cannot meet your needs, we do work with you to locate a suitable referral.

## CONTACT US

Healing@HeartsInMindCounseling.com

www.HeartsInMindCounseling.com

**REQUEST AN  
APPOINTMENT**

# HEARTS IN MIND COUNSELING

Changing the way you view counseling by providing a more diverse and culturally connected approach to therapy, while keeping your Heart In Mind.

*We stress the most current and proven innovations for your mental health care.*



# PARTNERING TO CONQUER COVID.

At Hearts In Mind Counseling we care deeply about the long-term mental health of communities. Without question, its clinicians are determined to provide mental health care and services necessary to ensure that each client and community receives the care they deserve.

Through our partnerships with Montgomery County, The African American Health Program and The National Center for Children and Families, Hearts In Mind Counseling is creating a gateway where all communities can access appropriate and effective mental health care that provides the support they need to heal, recover and move beyond the impact of COVID.



## HELP IS HERE.

### OUR SERVICES

INDIVIDUAL  
GROUP  
COUPLES  
FAMILY THERAPY



LGBTQIA  
GENDER & SEXUALITY  
DEPRESSION



GRIEF COUNSELING  
WOMEN & TEEN GIRLS



ANGER MANAGEMENT  
ANXIETY REDUCTION  
BREAK UP RECOVERY  
HEALTHY MASCULINITY



PSYCHOTHERAPY &  
PSYCHOEDUCATION  
CLINICAL SUPERVISION  
PEER CONSULTATION



INDIVIDUAL & GROUP  
COACHING  
CORPORATE  
COACHING & TRAINING

## DID YOU KNOW?

### 01

Anxiety disorders are the most common mental disorder in the US, affecting about 40 million adults. And that doesn't even include all of the people who deal with low-grade anxiety and aren't diagnosed with an anxiety disorder.

### 02

In 2019, the World Health Organization declared burnout an official medical diagnosis, proving that burnout is truly a problem that plagues modern workers. Most people live in a stormy sea of never-ending to-do lists that include work responsibilities, child care, social lives, romantic relationships and household duties.

### 03

Meditation is a highly effective way of dealing daily with stress, depression and anxiety. Researchers think that meditation can improve emotional health because it affects the amygdala, which is a major emotional processing center of your brain. Some research suggests that meditation also slows or stalls age-related changes in the brain.

SOURCE CNET.COM

[www.HeartsInMindCounseling.com](http://www.HeartsInMindCounseling.com)