

Better Mind 4 Life

With Melissa Smith

Confront Anger

Cope with Grief

Learn How to Relax

Challenge Negative Thoughts

How to Face Fearful Situations

Challenge Negative Thoughts

Break the Cycle of Domestic Violence

Rebuilding Yourself after a Relationship Ends



"BOOT STRAP COUNSELING"

Are you sick and tired of life as it has always been? Tried all the self help books ? and keep ending up in the same vicious cycle. Now is the time for real change that will help you do the things you are called to do. Learn what it means to "pull yourself up by the boot straps" and "live for three" when you meet with Melissa our licensed, Professional Counselor.

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simplifying IT

