How we can help you reach your wellness goals:

**Self & Relationships**
- improve relationship communication
- conflict management
- navigate life transitions
- cope with mental health issues
- develop skills to reach your goals
- manage stress
- increase happiness

**Finances**
- improve your relationship with money
- gain knowledge about finances
- learn how to budget, save, & spend wisely
- manage your debt

**Nutrition**
- learn about healthy foods
- learn benefits of eating well
- eat more nutritiously on a budget
- create meal plans
- meal preparation ideas
- find ways to improve your health

*Individual, couple, and family therapy services are offered on a sliding fee scale. Nutrition education and financial planning services are offered at no cost.*

**INdividual Therapy**
From mental health concerns to individual and relational problems, ASPIRE therapists are skilled in helping with anxiety, depression, sexual issues, interpersonal conflicts, self-esteem issues, current or past trauma, stress management and more.

**CoupLe & FAMIlY Therapy**
ASPIRE therapists can assist in resolving issues, conflicts, and struggles with partners, family members, and children. Premarital therapy through the PREPARE program is also offered.