

ASPIRE COUNSELING AND CONSULTING

OUR MISSION

ASPIRE COUNSELING & CONSULTING'S MISSION IS TO INSPIRE OUR CLIENTELE TO ASPIRE TO THEIR FULLEST POTENTIAL WITHIN THEIR COMMUNITIES, RELATIONSHIPS, WORKPLACES AND SCHOOLS.



ASPIRE COUNSELING AND CONSULTING
134 BROAD STREET • SUITE 7
STROUDSBURG, PA 18360

COUNSELING AND THERAPY

HOW TO LEARN FROM...

YOUR LIFE'S LESSONS



ALL MAJOR CREDIT CARDS ACCEPTED



Designed by : LOGONOMICS, LLC Call us toll-free at : 1-888-584-LOGO

ANXIETY, MOOD CHANGES, BEHAVIORAL PROBLEMS AND INTERPERSONAL DIFFICULTIES ARE JUST A FEW OF THE EXPERIENCES THAT CHALLENGE PEOPLE THROUGHOUT THEIR LIFE SPAN.

THESE EXPERIENCES CAN CAUSE STRESS IN BOTH YOUR MENTAL WELLNESS AND PHYSICAL HEALTH.

STUDIES HAVE SHOWN THOSE THAT RECEIVE SUPPORTIVE SERVICES INCREASE THEIR PROGNOSIS FOR IMPROVED LIFE OUTCOMES.

COUNSELING TECHNIQUES ARE GEARED TOWARD:

EXPLORING
PAST AND PRESENT EXPERIENCES

INCREASING AWARENESS OF
TRIGGERS FOR EMOTIONAL DISTRESS

DEVELOPING
PREVENTATIVE SKILLS

THERAPY SESSIONS ARE DESIGNED TO:

ASSIST THE CHILD

HELP THE INDIVIDUAL

STRENGTHEN THE FAMILY

REBUILD THE RELATIONSHIP

CONFIDENTIAL PROFESSIONAL COUNSELING SERVICES PROVIDED FOR THE FOLLOWING:

- DEPRESSION AND MOOD DISORDERS
- ANXIETY AND PANIC ATTACKS
- COUPLE AND RELATIONSHIP PROBLEMS
- MEDICAL AND HEALTH CONCERNS
- GRIEF AND LOSS
- WORK AND CAREER ISSUES
- STRESS MANAGEMENT
- HUMAN SEXUALITY ISSUES
- TRAUMA RELATED DISORDERS
- BRAIN INJURY SURVIVORS
- BRAIN INJURY CAREGIVERS AND ADVOCATES
- PARENTING AND FAMILY ISSUES
- CHILD BEHAVIORAL PROBLEMS
- CONFLICT RESOLUTION
- ADJUSTMENT DISORDERS
- CAREGIVERS TO DEPENDENT ADULTS
- NEWLY DIAGNOSED YOUNG ADULTS
- CULTURAL AND RACIAL IDENTITY ISSUES

*...GUIDED SUPPORT GROUPS
AVAILABLE*

*...MENTAL HEALTH SENSITIVITY
TRAINING'S AVAILABLE!*

CONSULTATIVE SERVICES PROVIDED FOR THE FOLLOWING:

- THERAPY PRACTICES
- SCHOOLS
- BEHAVIORAL HEALTH AGENCIES
- EMPLOYEE ASSISTANCE PROGRAMS
- SMALL AND LARGE CORPORATIONS

THE FACE OF
ASPIRE COUNSELING
AND CONSULTING

Angel E. McLaughlin, M.A., MEd., LPC, CBIS-T

CEO / Founder



CALL TO SCHEDULE A
1/2 HOUR FREE PHONE
CONSULTATION

*WE ACCEPT: PERSONAL CHECKS, E-CHECKS
AND MAJOR CREDIT CARDS*

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134 BROAD STREET • SUITE 7
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TELEPHONE : (570) 421-7868

FAX : (570) 421-7820

*SIGN UP ONLINE FOR
OUR FREE MONTHLY
NEWSLETTER!*

VISIT US AT:
WWW.ASPIRECOUNSELINGLLC.COM