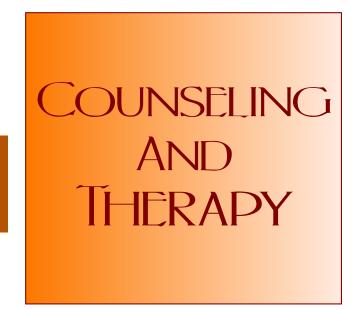


OUR MISSION

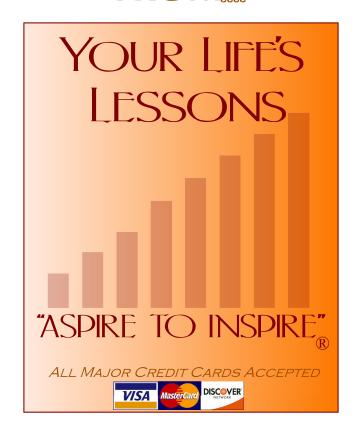
ASPIRE COUNSELING & CONSULTING'S MISSION IS TO INSPIRE OUR CLIENTELE TO ASPIRE TO THEIR FULLEST POTENTIAL WITHIN THEIR COMMUNITIES, RELATIONSHIPS, WORKPLACES AND SCHOOLS.



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



HOW TO LEARN FROM...



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

DEVELOPINGPREVENTATIVE 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

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

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