

COUNSELING WITH *You* IN MIND

Welcome to a comfortable and caring environment, where stress and anxiety can melt away. A safe, nurturing atmosphere where you can discover ways to overcome your difficulties, ease your frustrations and achieve your personal goals.

With 16 years' experience, Ann McIntosh, MA, LCSW, has developed a caring, highly interactive and involved style that is easy-going, conversational and solutions-oriented.



ANN MCINTOSH, PSYCHOTHERAPIST

- Stress, anxiety, mood and depression
- Relationship coaching for couples, solos and family members
- Weight loss, dieting, eating problems
- Life coaching, self-esteem, personal growth, time management
- Life changes, menopause, sexuality, financial disarray, empty nest or letting go

IF YOU HAVE CONCERNS THAT SIMPLY WON'T GO AWAY, CALL FOR AN APPOINTMENT.

YOU'LL FEEL AN IMMEDIATE SENSE OF RELIEF WHEN YOU TAKE THAT FIRST STEP.

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