



Guided Therapy Co.

What kind of support are you looking for right now?

A look at what community groups, coaching, and therapy offer.

Community Groups

If you...

- Want to make connections
- Want shared experiences
- Are not ready for 1:1 work yet
- Want community with others before commitment

Coaching

If you...

- Are focused on future oriented growth
- Are ready to take action towards a specific goal
- Want accountability and structure to break things down
- Are looking for clear next steps or forward movement

Therapy

If you...

- Are noticing patterns that keep repeating and want to make lasting change
- Have past experiences affecting your present
- Are ready for deeper, longer term work
- Are looking for mental health support

From our blog on this topic:

"Most times, the reason we feel stuck on the road to finding support is not because we do not know what we want. It's because fear, grief, burnout, or old patterns have made it hard to move forward."

Ready for the next step?

Let's figure it out together. Scan below to schedule a complimentary 20-minute consultation. No lengthy intake forms- just a thoughtful conversation to help you find the right fit.

Check out our FAQ
for more information:



Good things are coming.

Guided Therapy Co.

Mental Health Counseling PLLC - Licensed in NY, NJ, & CT

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