

Therapy in a safe & creative atmosphere to fully express yourself and heal.



Who we work with

Children as young as 5, teens, and young adults.

Some commercial insurances accepted and self-pay/sliding scale options available.

What we work with

- Anxiety
- Depression
- Self-esteem
- Trauma
- Mood disorders
- Life transitions
- Relationship difficulties
- Identity and LGBTQ+



Are you looking for a counselor who brings creativity, compassion, and evidence-based techniques to help you navigate life's challenges? I'm Amanda, a Licensed Professional Counselor (LPC) in New Jersey. I offer **in-person** appointments and **virtual** appointments for anyone located in NJ.

