

Wellness Counseling's

PREGNANCY EMOTIONAL CHECKUP



Contact for
appointments
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Did you know?

Sometimes even easy pregnancies can be accompanied by :

- Mental and physical concerns that result in stress and anxiety.
- Relationship and financial strains can be experienced by new parents.
- Health changes that might include morning sickness, aches, pains and fatigue.



Single Session Therapy (SST)

SST can help you deal with your emotional ups and downs.

All you need is one session to handle your emotional distress better.

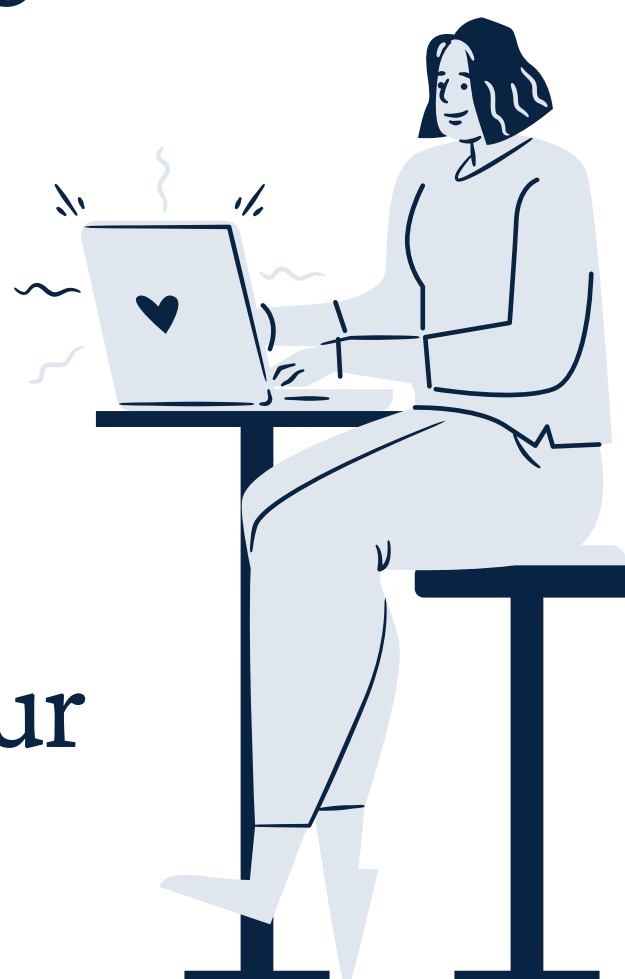
This method saves time as well as money

It needs no long-term therapeutic commitment.

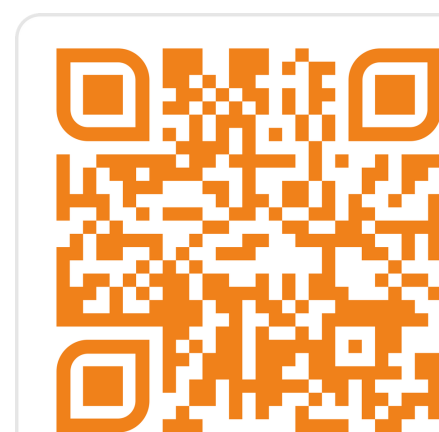


..Where the mind feels free
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Address your problems through
**Single Session
Therapy (SST)**



SCAN ME