



VIDAS

Counseling Services

VISION

To provide therapeutic services for youths and families with the hope of empowering and highlighting the greatness within each individual who make up the family unit. Our team will ensure services are delivered with the utmost respect and empathy toward their individual needs.

MISSION

Our goal at **Vidas Counseling** is to use empathy and validation as we align with vulnerable families. We use their current challenges to highlight their greatness using their inner strengths as the main strategy to sustain progress so they can ultimately stand on their own and thrive.

Working within the Children's System of Care for many years, it has driven my personal mission to maintain youths safely within their community. In my experience as a therapist, when we build inner strength within youth it allows them to sustain progress, improve their decision making skills and strengthens their ability to continue growing independently.

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Advanced Nurtured Heart Approach Trainer

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"Allowing Greatness to Shine through Inner Strength and Acceptance"