ACT SERVICES LLC
ADVOCATE COUNSEL TEACH

ABOUT ME!

I'M KASANDRA!



I am a Licensed Certified Social Worker - Clinical helping teens and families for the past 10 years. I help teens who struggle with anxiety, depression, and change that at times looks like anger.

Maybe your parents think talking to someone could help. Maybe you've been feeling **overwhelmed**, frustrated, **misunderstood**, anxious, or just not like yourself lately. Or maybe you have a hard time explaining what's going on, and sometimes your feelings come out as **anger**, shutting down, or **wanting to be left alone**. Therapy isn't about changing who you are. It's about understanding yourself better and discovering new ways to handle life's challenges.

Therapy is about you. Your voice, your feelings, your experiences, and your growth.

WHAT WORKING TOGETHER LOOKS LIKE

Individual Therapy

A space that is just for you. We can talk about what's happening in your life, explore your emotions, work through challenges, and figure out what helps you feel more confident and in control.

Family Sessions

Sometimes it's not just about what you're feeling, but how everyone understands and responds to each other. Family sessions help you and your family learn to communicate more effectively, listen differently, understand each other's perspectives, and work through difficult moments.

Small Teen Groups

Connect with other teens who may understand some of what you're going through. Practice social skills, build friendships, share experiences, and learn new ways to handle emotions and everyday challenges.

BEFORE YOU CHOOSE, HERE'S WHAT I WANT YOU TO KNOW

- You don't have to be perfect.
- You don't have to talk about everything right away.
- You can ask questions.
- Your opinions and experiences matter.
- Therapy is something we work on together.
- Growth takes time, and you can move at your own pace.

Ask me
more questions!
Scan to schedule a free consultation

959-230-4081
www.acttherapyservicesllc.com