



• counseling group •

## Evidence-Based Therapy in Arcadia

For Children, Teens, Adults, and Couples



### Feeling overwhelmed, stuck, or unsure where to start?

*Our therapists are here to help.*

- ✓ Anxiety, depression, trauma, ADHD, grief, and relationships
- ✓ Therapy in English, Spanish, Mandarin Chinese, ASL, and Armenian
- ✓ Evening and weekend appointments available



### Appointments Available This Week

- 📞 Call or Text: (626) 639-8844
- 🌐 [aspirecounselinggroup.com](http://aspirecounselinggroup.com)



### Aspire Counseling Group

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