



# High Note COUNSELING

## MY APPROACH

Blending Metaphysical & Mental Health

Intuitive & Compassionate

LGBTQ+ Allied

Sex Positive

## SPECIALTIES

Alternative Lifestyles

Anxiety & Stress

Gender Affirming Care

Grief & Loss

Life Transitions

Self-Love & Acceptance

Sex & Intimacy

Women's Issues Across the Lifespan

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