



Locations All Over Austin



We believe beautiful, comfortable, interesting spaces are integral to mental health. Our offices in North, Central, and South Austin reflect that philosophy.

Professional Counselors



Excellent therapy services require well-trained providers. Our mission is to cultivate compassionate, curious, clinically astute practitioners who give you their best.

Local & Woman-Owned!



You won't get that with the latest fad of text-your-therapist-anytime nationwide providers. We are a large and local therapy agency that has intentionally avoided getting gobbled up by out-of-town investors.

1 Individual Therapy: Personalized sessions focused on individual needs and goals

2 Family Therapy: Addresses issues within the family unit to improve relationships and dynamics.

3 Group Therapy: A supportive environment where individuals share experiences and learn from others.

4 Teletherapy: Therapy sessions conducted remotely via video or phone

5 Teen Therapy: Specialized therapy tailored to the unique challenges and experiences of adolescents.