

Life Transitions (Children, adolescents and adults)

In life transition therapy, I help the client deal with major life changes related to work, relationship, health and more.

Life transition therapy can help you:

- ❖ Deal with changing from high school to college or college to the workplace or graduate school
- ❖ Move from being a single person to being in a relationship or marriage
- ❖ Make the transition from being a couple to being parents
- ❖ Deal with the empty nest after kids leave
- ❖ Make peace with an adult child's choice of lifestyle or partner

