Have you been feeling anxious, depressed, angry or unfocused for a while? Can’t seem to shake it? Is it affecting your relationships and your school work?

Come chat with John Cayer! John is a licensed therapist with Community Reach Center who can help you resolve your emotional issues.

80 percent of people who are diagnosed with a mental health condition see improvement in symptoms and experience better quality of life with treatment.

Sessions with John are always private and confidential.

John Cayer, LPC
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