

# “Helping You Every Step of the Way”

Everyone’s mental health and wellness journey is different. We, at Florida Mindful Health, we take your experiences, background, beliefs, and lifestyle to help you navigate through your life. We will work together to create a treatment plan based on your unique needs, challenges, and goals. Finding the right care for our clients is our primary goal. We focus on what matters to you, to achieve the results you want.



## Let us Introduce Ourselves!

No one decides to struggle. There are normally very complex and deeply personal reasons a person reaches out for help. Our belief at Florida Mindful Health is to help guide you through your life's journey. Our dedicated team of therapists will help you with any mental health or substance abuse concerns you may be experiencing.

We use our own unique program and practice in a safe and warm environment of mutual understanding. We aim to put you back in control of your life, help you reconcile with your past, and empower you to embrace the future.

Contact us at  
**407-744-8777**



or on the web at [www.flmindfulhealth.com](http://www.flmindfulhealth.com)



### Locations:

State-wide therapy through Telehealth.  
In Partnership with:



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**We Offer Telehealth Appointments.**

**Friendly and Knowledgeable Therapists**

We understand that you may have other responsibilities, that is why we offer flexible meeting times. You can either stop in at one of our offices or have your session through Telehealth. You can also have the best of both worlds; just inform your therapist and they will be more than happy to work with you. Our Anger Management Group is conducted through Telehealth via Zoom and facilitated by one of our knowledgeable therapists.

## Our Services

**We focus on what matters to you, to achieve the results you want.**

### Individual / Couples / Family Therapy

Mental health issues can disrupt people's lives in many ways that impair their ability to function in all of life's areas. Our team addresses various mental health issues and offers healing through a multi-disciplinary team approach. We strive to fully understand each person's unique challenges.

### Addiction Treatment

We are dedicated to provide quality treatment that is tailored to your individual needs. Not everyone's path is the same and we will make sure you get the help, support, advice, and guidance that will put you on the path you want to be on.

### Gambling Addiction Treatment

The success of a person's treatment requires the support of an entire community. At Florida Mindful Health, we understand the heartache and pains of addiction and the strength that can be gained from successful treatment.

### Anger Management Group

Our interactive Anger Management Program is designed to educate and counsel using a nurturing approach. We are here to help people put this phase of their lives behind them and start anew. The groups are limited to six participants to maximize interaction.

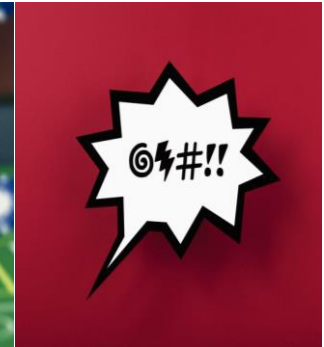


**Payment Options >>>**

We accept: Visa, Master Card, American Express, and Discover.

**Insurance accepted:**

*\*Visit our website for a complete list of participating insurances.*



*We are with you every step of the way >>>*

**FMH** FLORIDA MINDFUL HEALTH