



SERVICES AVAILABLE

- *Individual Therapy*
- *Family and Couples Therapy*
- *Anger Management Groups.*
- *Addiction Treatment*
- *Gambling Addiction Treatment*
- *Adolescent Therapy*
- *Domestic Violence Program*

Our Mission

Everyone's mental health and wellness journey is different. We, at Florida Mindful Health 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.

