



MENTAL HEALTH TIP OF THE MONTH

Choose Progress Over Perfection!

Progress doesn't have to be loud or dramatic to be meaningful. Small, consistent steps, like sticking to a routine, setting one healthy boundary, taking a pause before reacting, or practicing self-compassion can create real change over time.

Healing and growth often happen quietly, through everyday choices. Celebrate effort, not perfection, and remember that showing up for yourself counts.



March is National Social Work Month

This month, we celebrate the incredible social workers who show up every day with compassion, skill, and unwavering dedication. Social workers are advocates, healers, listeners, and change-makers ... supporting individuals, families, and communities through some of life's most challenging moments.

At our practice, we are deeply grateful for the expertise, empathy, and commitment our social workers bring to mental health care. Thank you for the work you do, the hope you provide, and the difference you make—often behind the scenes, but always with impact.

We would like to give a shoutout to our amazing Licensed Clinical Social Workers (MSWs, LCSWs, and LCSW-As). You do the hard work—holding space, advocating, supporting growth, and helping clients navigate real-life challenges with compassion and care.

Meet Our Staff

Christa Mobley, MSW, LCSW
Therapist

With over 15 years of experience as a Licensed Clinical Social Worker, Christa has dedicated her career to supporting children, adolescents, and families through life's challenges. She specializes in working with ADHD, anxiety, depression, and emotion regulation, using evidence-based approaches such as Cognitive Behavioral Therapy (CBT), solution-focused therapy, and client-centered care.

Christa believes in meeting each client where they are and tailoring treatment to their unique needs. Her goal is to create a comfortable, trusting, and nonjudgmental environment where clients feel empowered to work through difficult situations, build resilience, and achieve personal growth.

Outside of her professional life, she enjoys spending time with family—as well as relaxing at the beach, reading, traveling, and connecting with friends.



IN-PERSON & VIRTUAL APPOINTMENTS AVAILABLE!

Getting the help you need can fit YOUR schedule. We offer quick appointments for both in-person and virtual therapy sessions.

Don't wait to prioritize your mental health.

Give us a call to book your appointment today!

Services Spotlight: Family Therapy

Stronger families start with better communication. Family therapy helps loved ones connect, resolve conflicts, and support each other's mental health, all with guidance from a trained therapist.

Whether you're navigating parenting challenges, blended family adjustments, or mental health struggles that affect the whole family, therapy can help everyone feel heard, understood, and supported.

Visit our website to learn more or give us a call to schedule an appointment.



Frequently Asked Question:

Q: Is everything I say in therapy confidential?

A: Yes, everything you say in therapy is confidential. There are a few legal exceptions, such as if there is a risk of harm to yourself or others, or in cases of abuse. Your therapist will explain these limits during your first session.

To review more of our most frequently asked questions, head to our FAQ page on our website. If you have questions about confidentiality, please don't hesitate to give us a call.

 **HAPPY SPRING!** 

We look forward to seeing you online & in-person.