

At *Nova*, our number
one priority is you!

*We focus on providing you
with the tools you need to
help you to live the life you
have imagined.*

*Close the gap between
where you are and where
you want to be.*

*Your transformation is just a
thought way.*

*We offer a variety of
counseling and coaching
services to meet your needs.*

**WHY live an
ORDINARY
life when you
can live an
EXTRAORDINARY
life?**

Nova
NO ONE VENTURES ALONE

**COUNSELING &
CONSULTING
SERVICES**

NOVA
Counseling & Consulting Services

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COUNSELOR, COACH, CONSULTANT

NOVA Counseling and Coaching
Services are designed to offer each individual the opportunity to continue to grow, to become increasingly independent, and to meet their educational, socialization, professional, and community goals.

We believe that a positive and proactive approach encourages self-reflection, utilization of self-awareness in decision-making, and the ability to succeed emotionally, academically, professionally.

Counseling is a confidential discussion between you and a counselor or psychologist about personal, social, or emotional issues that cause distress or impair your functioning.

Counseling helps you identify and change behaviors or ways of thinking that have not worked well for you. Counseling helps you develop decision making and coping skills needed to meet the challenges of living and learning.

Coaching reinforces training and development programs by helping individuals to apply the knowledge and skills recently acquired. With focused, one-on-one discussions about how to apply new concepts and internalize them, participants realize greater benefit for themselves, their families, careers and life.

Feeling Defeated?

Many people struggle with accepting the choices they have made in the past. Others struggle with where they are today because it is not where they think they should be. And, then others, cannot even begin to dream of the future because there is just too much baggage and too many scars and battle wounds.

If you are:

- Anxious
- Overwhelmed
- Depressed
- A Trauma Survivor
- Tired and Worn Out
- Frustrated
- Needing to Make an Important Decision
- Feeling Indifferent
- Repressed
- Battling Internal Struggles
- Still Dealing with Grief
- Needing Clarification
- Stressed

NOVA is for you!
Let us help you live the life you have imagined.

NO ONE VENTURES ALONE

Help comes in many different forms. At NOVA, our team is made up of dedicated professionals who put the needs of the client first. Give us a try. You will see that we are different and the quality of care we deliver is second to none!

NOVA Counseling and Consulting is committed to delivering quality customer service. Our staff works with you to educate, equip and empower you to live the life you have imagined.

We provide the following quality services:

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| • <i>Anger Management Therapy</i> | • <i>Early Intervention</i> |
| • <i>Anger Management Assessments</i> | • <i>Home Evaluations</i> |
| • <i>Behavior Modification / Management</i> | • <i>Homestead Services</i> |
| • <i>Bonding Assessments</i> | • <i>Individual Coaching</i> |
| • <i>Comprehensive Child and Family Assessments</i> | • <i>Individual Counseling</i> |
| • <i>Corporate Coaching</i> | • <i>Parent Aide Services</i> |
| • <i>Couples Counseling / Pre-Marital Counseling</i> | • <i>Parental Fitness Assessments</i> |
| • <i>Court Appearances</i> | • <i>Parenting Classes</i> |
| • <i>Crisis Assessments</i> | • <i>Relative Placement Assessments</i> |
| • <i>Crisis Intervention</i> | • <i>Risk Assessments</i> |
| • <i>Domestic Violence Assessments</i> | • <i>Substance Abuse Assessments</i> |
| | • <i>Trauma Assessments</i> |
| | • <i>Wrap Around Services</i> |