

## Individual, Family, & Group Counseling

Providing individual, family, and group counseling to individuals from childhood to late adulthood.

Dedicated, culturally responsive counselor with a broad knowledge of therapeutic approaches offering a myriad of services.



## Confidentiality Assured

Counseling Services is committed to individualized attention, protecting your right to privacy.



## ADD Coaching

Coaching for children and adults with attention deficit disorder helps to enhance their ability to manage life, make decisions, and achieve goals. It is an ongoing partnership to improve quality of life by maximizing learning, improving performance, and increasing the understanding of ADD.

Individualized systems and structures are developed that work with individual styles of learning, and help develop specific skills and strategies, and to effectively utilize those strategies on a daily basis.

FOR FURTHER INFORMATION:

## COUNSELING SERVICES

**Melissa Arnott-Cox, Ed.D**

LPC, CAC

211 West State St. Suite 204

Media, PA 19063

610.565.4654

[mjarncox@comcast.net](mailto:mjarncox@comcast.net)

# COUNSELING SERVICES

**Melissa Arnott-Cox, Ed.D**

Licensed Professional Counselor

Certified Addictions Counselor



211 West State St. Suite 204

Media, PA 19063

610.565.4654



# COUNSELING SERVICES

## Personal Support

- Depression & Anxiety
- Addictions
- Mental Health Issues
- Abuse Issues
- Anger Management
- Sexuality
- Relationships

## Children and Teens

- Positive Parenting
- Behavior Modification
- Challenging Teens
- Play-Therapy

## Organizational Services

- Training
- Team Building
- Staff Development
- Workshops
- Community Outreach & Education
- Effective Communication
- Consultation
- Stress Management

## Academic and Career

- Learning Disabilities
- Effective Study Skills
- Educational Coaching
- ADD Coaching
- College Survival Skills

## Other Services

- Clinical Supervision
- Crisis Intervention
- Assessment & Evaluation

"Excellence can be attained if you...Care more than others think is wise; Risk more than others think is safe; Dream more than others think is practical; Expect more than others think is possible."