Home

Description

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We believe that healing occurs through connectionâ??with yourself and others. Our team provides personalized therapy, psychiatric care, and community support to ensure that you feel seen, heard, and supported every step of the way. You do not have to do this alone.

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At Share Wellness Center, we believe healing begins with understanding. Whether youâ??re struggling with anxiety, depression, or lifeâ??s overwhelming challenges, our team is here to walk with you every step of the way. Youâ??re not alone. Letâ??s find hope together.

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PUTTING A SMILE ON YOUR FACE

At **Share Wellness Center** , we believe that mental wellness is not just the absence of illness but the presence of hope, healing, and connection. As a compassionate and community-focused **outpatient mental health clinic** , we are dedicated to providing accessible, personalized, and holistic care to individuals navigating lifeâ??s most challenging emotional and psychological journeys.

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MEDICATION MANAGEMENT

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When medication is part of treatment, it can feel confusing or intimidating. Our psychiatrists take the time to explain every step, answer your questions, and monitor your progress. We never take a one-size-fits-all approach; your treatment plan is customized to your needs, ensuring medication supports your overall wellness, not just your symptoms.

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Psychiatric Assessment & Diagnosis

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Mental health challenges can feel overwhelming, especially when you donâ??t have answers. Our psychiatric assessment and diagnosis service provides a safe, compassionate space where you can

share your experiences. Our psychiatrists carefully listen, evaluate symptoms, and work with you to understand whatâ??s really going on.

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PLAY THERAPY

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Life doesnâ??t come with a roadmap, and sometimes, it feels like youâ??re navigating storms with no shelter in sight. Maybe youâ??ve been carrying something heavy: grief, relationship struggles, stress at work, feelings of loneliness, or just a quiet sense that *somethingâ??s off* . .

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Positive Psychology Counseling

What if therapy didnâ??t just focus on whatâ??s wrong but also on whatâ??s strong? Positive psychology helps you build joy, gratitude, resilience, and meaning not by ignoring pain, but by nurturing the light within you.

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Stress Management Counseling

Chronic stress wears on your mind, body, and spirit. We help you identify your stress triggers, develop practical coping strategies, and create a lifestyle that supports balance, rest, and resilience.

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Spiritual Counseling

For many, faith and meaning are central to healing. Whether youâ??re questioning your beliefs, feeling spiritually disconnected, or seeking guidance grounded in your values, we offer a space to explore your spiritual journey with compassion and respect.

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Self-Esteem Counseling

If you often feel â??not good enough,â?• self-esteem counseling can help. We gently uncover the roots of self-doubt and work together to build a kinder, more compassionate relationship with yourself because you deserve to feel worthy, just as you are.

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Client Testimonials

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â??When I was diagnosed with bipolar disorder, I thought my life was over. Iâ??d been in and out of hospitals, losing jobs, and pushing people away. But the PRP program at Share Wellness Centerâ?¦ it saved me. My case manager helped me find stable housing. My psychiatrist adjusted my meds with care, not pressure. And my therapist? He never gave up on me, even when I gave up on myself. They didnâ??t just treat my illness. They saw me. And that made all the difference.â?•

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â??After years of feeling like I was â??too muchâ?? or â??not enough,â?? Share Wellness Center changed everything. I was struggling with anxiety so bad I couldnâ??t leave my house some days. But

my therapist didnâ??t rush me. She sat with me in the quiet and listened like I mattered because I did. For the first time, I didnâ??t feel broken. I felt understood. Now, Iâ??m working again, reconnecting with my kids, and actually enjoying life. This place gave me my self-worth back.â•

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â??Watching our son struggle with depression and isolation broke our hearts. We didnâ??t know how to help, and honestly, we were saying all the wrong things. Family counseling at Share Wellness Center changed that. It wasnâ??t about blame. It was about understanding. Our therapist helped us communicate in ways we never had before. Our son started opening up. We started listening. Today, our home feels like a home again, full of love, patience, and hope. Weâ??re so grateful for this place.â?•

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One of the most important parts of PRP? **You lead the way.** You set the goals, you decide the pace and we provide the tools, support, and encouragement to help you get there.

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Letâ??s Walk With You, You Are Not Alone

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Whether youâ??re dealing with depression, anxiety, trauma, or addiction, our team of caring professionals is here to walk alongside you. Your story matters, and so does your healing. Letâ??s take the next step together.

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