



## ***Welcome!***

**Psychotherapy • Counseling • Coaching • Wellness**

Say hello to a better you by joining a psychotherapeutic practice dedicated to guiding individuals, families, and professionals through the peaks, valleys, and waters of life.

Practice Owner, Grace Garcia, is a Licensed Clinical Social Worker in New York State, offering holistic, culturally-attuned, and faith-affirming support. She specializes in a range of supportive services designed to meet your specific needs, including:

- **Clinical & Support Services**
  - *Individual Therapy: One-on-one support for emotional and mental wellness.*
  - *Family Therapy: Helping families navigate challenges, communication, and growth.*
  - *Faith-Based Counseling: Integrating spiritual beliefs into the healing process.*
  - *Workplace Counseling: Addressing professional stress, burnout, and team dynamics.*
- **Growth & Development**
  - *Growth Coaching: Focused support for personal, relational, or career development.*
  - *Wellness Workshops: Interactive group to develop coping skills, self-care, and resilience.*
  - *Referrals: Connecting you with trusted professionals and community resources.*
- **Licensure Prep**
  - *LMSW/LCSW Bootcamp: An 8-week intensive designed for social work graduates preparing for the ASWB exam. This program blends biblical encouragement, academic rigor, and expert tools like Pocket Prep, Apgar Exam Guide, and ASWB practice exams.*

Whether you're starting therapy, building your career, or seeking support for your team, this practice can help you to explore what healing, clarity, and transformation can look like on your terms. Let's find what works for you, so you can learn to honor you!

Book a consultation, join a workshop, or enroll in the bootcamp today.

Go to [www.gracefullyassured.com](http://www.gracefullyassured.com) to explore all services and offerings.

**Contact Me  
for more information**

📍 **Psychology Today!**   
🌐 [www.gracefullyassured.com](http://www.gracefullyassured.com)

📞 Toll free #: (631) 502-3222  
✉️ [hello@gracefullyassured.com](mailto:hello@gracefullyassured.com)

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**GRACE GARCIA, LCSW, PLLC**  
PSYCHOTHERAPY AND COUNSELING SERVICES

# Psychotherapy & Counseling Services



*Guiding you through the peaks, valleys, and waters of life!*

Grace offers online psychotherapy and counseling services. Mental health provider, **Grace Garcia**, is a Licensed Clinical Social Worker in New York State and is ready to help anchor minds to peace, heal hearts, and transform lives.

Your personalized pathway to wellness and wholeness starts here with a **free** phone consultation at a date and time that works best for you! Scan the QR Code to get started today.



**Book Now**

## MY SERVICES



### Counseling & Therapy

Confidential individual therapy or counseling services with the ability to treat a wide range of issues or concerns.



### Mental Health Consultation

Gain access to essential information by participating in a mental health assessments, resources, and support.



### Personalized & Holistic Care

Receive committed care that is tailored to your unique needs, treating you as a whole person, not just a set of symptoms.

## BOOK A CONSULTATION AND BEGIN TODAY!

### *Looking for something more specific?*

*Specialized support is available for a range of mood-related issues, including—but not limited to—**anxiety, complex life transitions and adjustments, self-esteem issues, attachment challenges, depression, anger management, and post-traumatic stress.***

Go to [www.gracefullyassured.com](http://www.gracefullyassured.com) to see the in-network health insurance providers.

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# LMSW/LCSW Bootcamp

*Commitment and investment is all it takes to double your annual salary!*



**Description:** The 8-Week LMSW/LCSW Licensure Bootcamp offers weekly structured sessions designed to deepen your understanding of core content, and strengthen your readiness for the licensing exam.

This course is created to sharpen your study strategy, and equip you with the tools needed to approach the exam with clarity and confidence. With focused preparation, consistent accountability, and encouraging support, you'll be ready to step into your exam day with boldness and the assurance of a positive outcome.

Commit to the process. Trust your preparation. Claim your success. Your license is within reach—let's go get it!



**Register Now**

## THE BENEFITS



### Professional Credibility

Licensure proves you've met rigorous educational, and clinical standards and enhance trust with clients, employers, and other professionals.



### Career Advancement

Most clinical and supervisory roles require licensure. Your license opens the door to leadership positions, and higher salaries.



### Legal & Ethical Practice

Licensure allows you to legally provide clinical and ethical services under your scope of practice with protection for you and your clients.

## INDIVIDUAL AND GROUP SESSIONS ARE OFFERED!

### Looking to book this service?

*Scan the QR Code above, review the full study package, and complete the onboarding application to begin as soon as possible. Registration is open and ongoing. Reserve your spot in the next individual or group session today!*

Go to [www.gracefullyassured.com](http://www.gracefullyassured.com) to see other services and learn about other workshops.

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# Wellness Workshops

*Time to nurture your well-being by recentering your mind, body, and spirit!*



**A Wellness Workshop** is a restorative, by-request experience designed to support emotional balance, build resilience, and encourage intentional self-care. Through guided reflection, practical tools, and open discussion, participants explore ways to reduce stress, cultivate inner calm, and develop habits that nourish overall well-being.

Each workshop blends clinical insight with holistic practices to offer a compassionate space to pause, reset, and reconnect — with yourself and with others. Workshops are available by request for organizations, schools, ministries, and wellness-focused groups. This allows us to tailor each session to your audience's unique needs and goals.



**Book Now**

## TAKEAWAYS



### Effective Coping Strategies

Practical strategies for emotional regulation and resilience. These tools reduce stress and prevent burnout.



### A Sense of Clarity & Calm

Mind-body techniques to stay grounded and present with a deeper sense of clarity, calm, and self-awareness



### Insights for Ongoing Care

Personalized insight and clinical recommendations to support ongoing independent self-care and growth.

## REQUEST A WORKSHOP FOR YOUR NEXT EVENT!

### Looking to book a workshop?

Scan the QR Code above, complete the "Wellness Workshop Request Form", describe what your event is about, and the kind of workshop you are interested in. Workshop requests should be made with a minimum of a 30-day advance notice.

Go to [www.gracefullyassured.com](http://www.gracefullyassured.com) to see other services and learn more about wellness.

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