



Welcome!

Psychotherapy • Counseling • 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 Services**
 - *Individual Therapy: One-on-one support for emotional and mental wellness.*
 - *Family Therapy: Helping families navigate challenges, communication, and growth.*
 - *Couples Therapy: Helping partners restore communication, rebuild trust, and deepen love.*
- **Counseling Services**
 - *Growth Coaching: Focused support for personal, relational, or career development.*
 - *Faith-Based Counseling: Integrating faith-based beliefs into the healing process.*
 - *Referrals: Connecting you with trusted professionals and community resources.*
- **Wellness Services**
 - *Wellness Workshops: Focused sessions on self-care, stress relief, and building resilience.*
 - *Group Workshops: Guided group experiences for growth, skill-building, and connection.*

Whether you're starting therapy, building your career, or seeking support for you and someone else, 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 complimentary consultation today!

Go to www.gracefullyassured.com to explore all services and offerings.

**Contact Me
for more information**

 [Psychology Today!](https://www.psychologytoday.com) 

 www.gracefullyassured.com

 Toll free #: (631) 502-3222

 hello@gracefullyassured.com

 **Headway**

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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 to see the in-network health insurance providers.

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GRACE GARCIA, LCSW, PLLC
PSYCHOTHERAPY AND COUNSELING SERVICES

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 to see other services and learn about other workshops.

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PSYCHOTHERAPY AND COUNSELING SERVICES

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 to see other services and learn more about wellness.

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