

Gracefully Assured

Psychotherapy & Counseling Services



Anchoring you through the peaks and valleys of life!

Gracefully Assured is an online private practice for therapy 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 today with a free phone consultation at a date and time that works best for you!



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 and resourceful assessments.



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.

Go to www.gracefullyassured.com to see all services and in-network health insurance carriers

JOIN A WORKSHOP AND/OR A SUPPORT GROUP

Life comes with peaks and valleys, but you don't have to navigate it alone. I specialize in anxiety, life transitions, anger, self-esteem, attachment, depression, challenges, and post-traumatic stress. Your emotions are valid. They often create compounding and pressurized thoughts that influence your daily actions and relationships. Thankfully, it doesn't have to stay this way. Together, we can build practical tools and intentional practices that lead to more joy, peace, and lasting internal fulfillment. The journey to your best life can start today with just one brave phone call.

**Contact Me
for more information**

Psychology Today!

www.gracefullyassured.com

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Headway

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