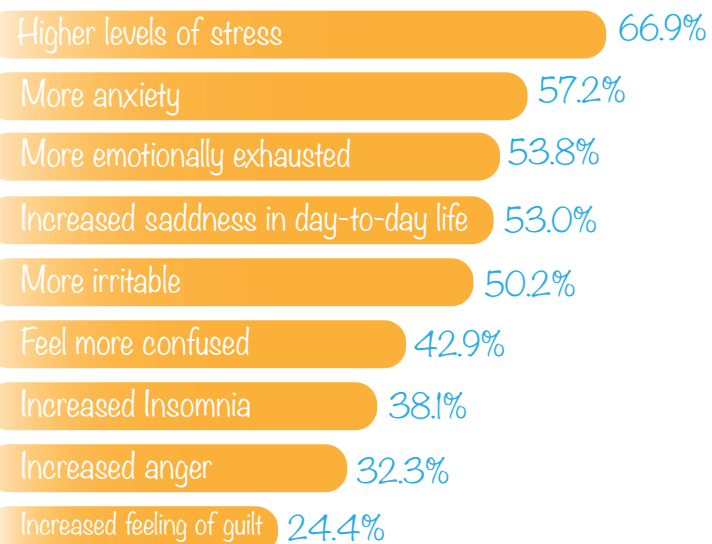


Mental Health Symptoms Since COVID-19 Outbreak



What is Focusing?

Focusing Oriented Therapy is focused on the client's thoughts, feelings, and experiences through empowerment and respect. During a session, our therapists and clients participate in a collaborative process that values and respects the client's experiences. Via video conference or in-person meeting, we create a safe and supportive environment in which obstacles and difficult issues can be openly explored.

What will I gain through Finding Calm.

Through focusing you enter into a new state of calm and clarity that allows the weights of stress and anxiety to lift from your shoulders. You will gain new insights and coping strategies in dealing with stress. It also helps to improve communication and interpersonal relationship skills over time. Overall, focusing therapy helps you gain trust and work towards extending that trust to others beyond therapy.

How To Reach Us!

1331 Madison Ave, New York, NY 10010

718-337-4131

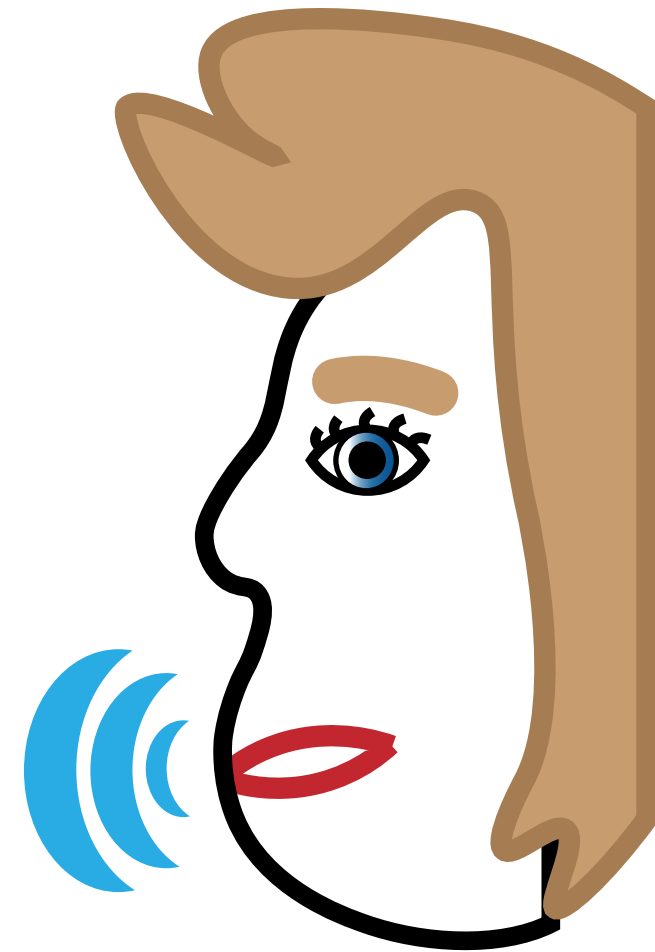
www.findingcalmfocusing.com

@FindingCalmFocusing

@FindingYourCalm

@FindingCalmFocusing

www.linkedin.com/FindingCalmFocusing31



Worldwide, 1 in 4 people will experience a mental health issue in any given year.

Over 90% of mental health visits are now happening virtually.

A federal emergency hotline for people in emotional distress registered a more than 1,000% increase in April compared with the same time last year.

Untreated mental illness decreases adult lifespan; people living with mental illness die an average of 25 years earlier, largely due to chronic medical conditions caused by mental illness.

If unemployment rises by 20% points — to levels recorded during the 1930s Great Depression — suicides could increase by 18,000 and overdose deaths by more than 22,000.

People at higher risk for severe illness, such as older adults, and people with underlying health conditions are also at increased risk of stress due to COVID-19.

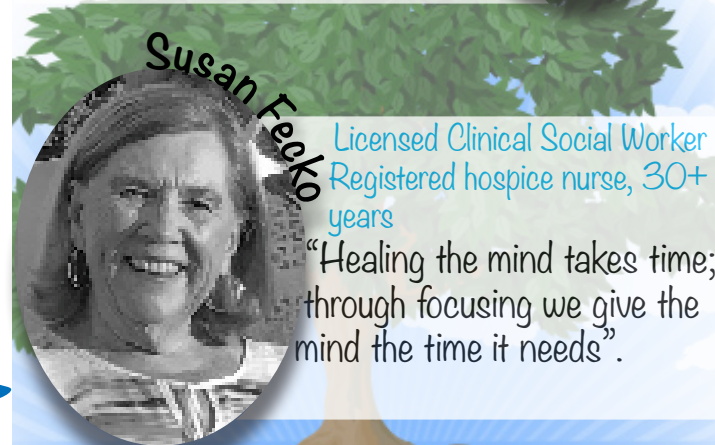
Meet Our Professionals!

Licensed Clinical Social Worker
member of National Association of Social Workers USA
member of The Focusing Institute.

"There are many hidden treasures within the body; learning to slow down to access this in the present moment is what I aim to teach".



Beth Mahler



Susan Fecko

Licensed Clinical Social Worker
Registered hospice nurse, 30+ years

"Healing the mind takes time; through focusing we give the mind the time it needs".

Licensed Psychologist
Clinical Member, Association of Marriage and Family Therapy
Educational Specialist I, Secondary School Guidance.

"Everyone deserves to be heard, we are here to give them that chance".



Elizabeth Senowitz



Need support?
Sick of feeling helpless?
Need someone to talk to?
Feeling...

Anxious. Worried. Fear. Grief. Pain. Lost.
Nervous. Alone. Confused. Scared. Unsure. Etc.

