



ADOLESCENCE

We provide help, coaching & therapy for the adolescents with Phobias, PTSD (Post-traumatic Stress Disorder), OCD (Obsessive Compulsive Disorder), Exam stress, Self-harm, Sleeping problems, Emotion regulation, Developmental Addictions, Anxiety, Panic, Depression and various Behavioral issues.

All our coaching sessions involve combination of therapies.

Contact Us

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