

## Excellent Care

Our balanced approach is creative and holistic, incorporating more than traditional therapeutic techniques. TLC integrates various therapies: recreational, adventure based, art, talk, coaching, mentoring, and monthly seminars for couples, anger management, parenting, and more!



## The Total Difference

At TLC we take the guesswork out of finding the best counselors and psychologists. We also coordinate with the best MD's, Psychologists, Developmental Pediatricians, Nature-paths, Attorneys and Psychiatrists, etc. We excel with helping clients without medication, but also refer to the best psychiatrists when needed. With our team approach we can handle most mental health issues.

## 5 Convenient Locations

**Main Office** 1507 Hiawassee Road, Suite 101  
**MetroWest** Orlando, Florida 32835

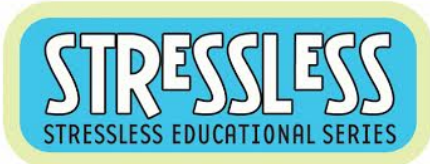
### Satellite Locations

**LAKE MARY**  
 1325 South Int'l Pkwy.  
 Suite 2221  
 Lake Mary, 32835

**CLERMONT**  
 100 N. US Hwy 27  
 Unit B  
 Minneola, FL 34715

**WINTER PARK**  
 1950 Lee Road  
 Suite 115  
 Winter Park, FL 32789

**EAST ORLANDO**  
 1850 N. Alafaya Trail  
 Suite 1A  
 Orlando, FL 32826



StressLessSeries.com

**Jim West**  
 Author & Speaker



# Everyone Needs a Little TLC



- relationships
- family
- children
- teenagers
- adults
- addictions
- social skills

## Dynamic Speakers

The media and many professional organizations, business alliances, civic organizations, churches, and schools call on TLC for a variety of topics: Marriage, Stress Management, Grief Recovery, Parenting, Surviving your Teenagers, ADHD, Divorce Support, Bullying, Defiance, Women's Issues and more.

### Social Media & YouTube Media Resources



facebook.com/TotalLife  
 twitter.com/totallife  
 totalLifeCounseling.com/youtube/



Info@TotalLifeCounseling.com  
 TotalLifeCounseling.com  
**407-248-0030**





- ADHD/ADD
- Oppositional Defiant
- Social Skills Groups
- Adventure Based Camps
- Child/Teen/Young Adult
- Career Coaching

Jim West, MA, LMHC, NCC



- Addictions
- Gender Identity
- Trilingual
- Couples
- Teen Pregnancy
- Self-Identify
- Couples

Anna Vita, MS

Registered  
Mental Health  
Counselor



- Addiction Recovery
- Sexual Abuse
- Codependency
- Trauma or PTSD
- Grief & Loss
- Couples
- Depression/Anxiety
- Women's Issues

Dana West, MSW, LCSW



- Body Image
- Teen Issues
- Sexual Abuse
- Women's Issues
- Couples
- Pre-Marital
- Eating Disorder
- Self Esteem

Jada Jackson, LMHC, NCC, MS



- Couples
- Divorce Mediation
- Parent Coordinator
- Collaborative Law Neutral
- Family Counseling
- Trauma or PTSD
- Anxiety/Depression

Leslie Hamilton, PhD, LMFT



- Couples
- ADHD/ADD/ODD
- Social Skills Groups
- Parenting/Fathering
- Anger Management
- Anxiety
- Career Coaching
- Child Teen Issues

Matthew Martin, MA, LMHC



- Autism/Aspergers
- Family & Couples
- Emotional Freedom Therapy
- ADHD/ADD/ODD
- Depression/Anxiety
- Addictions
- PTSD
- Hypnotherapy

Jamie Barrett, LMHC, RPT-S



- Family & Couples
- Child & Teen Issues
- Anger Management
- Self Esteem
- Women's Issues
- Play Therapy
- Anxiety

Mayeling Angelastro, MA

Registered  
Mental Health  
Counselor

## Seminars & Groups

- Social Skills Groups
- Marriage Seminars
- Team Building - School Staff, Students or Corporate Retreats
- In School Conferences, Pre-Planning or Seminars

## Court Referrals

- 8 Hour Anger Management Classes
- 6 Hour Teen Anger Management Classes
- 4 Hour Parenting Classes
- 4 Hour Co-Parenting Classes
- Parent Coordination
- Family Mediation
- Substance Abuse Treatment and Assessments

## Types of Counseling

- Individual
- Group
- Couples
- Family Therapy
- Rapid Resolution Trauma Therapy
- Play Therapy
- Sand Tray Therapy
- Experiential Therapy
- Adventure Based Therapy
- Coaching and Image Enhancement

**Call today for your  
Complimentary 15 Minute  
Phone Consultation!**

407.248.0030