

# Counseling Professionals, PLLC

---



## ***Timea Leach MS LPCA***

**Ideal Clients:** Women ages 18 or older

**Specialties:** Anxiety, Coping Skills, Depression, Self-Esteem, Grief, Spirituality, Women's Issues, Relationship Life Balance, School Stress

**Insurance:** Blue Cross Blue Shield (Not Value or Local) MedCost, Aetna

**Rates:** \$60-\$120 (Sliding Scale and Low-cost Possible)

**Office Hours:** Monday - Friday 8am - 4pm

**Phone:** (609) 649-3943

**Email:** [TimeaLeach@CounselingProfessionalsPLLC.com](mailto:TimeaLeach@CounselingProfessionalsPLLC.com)

### **Personal Statement:**

I specialize in working with women. Women feeling stuck. Women feeling alone or lonely, confused or with a loss of direction or purpose. With a gentle presence, I provide the guidance to help women move through life changes. Using holistic and mindfulness approaches, I guide you to become self aware of the things that might be holding you back from living the life you desire. If you're feeling stuck, my goal is to help you in shifting perspectives so that you can make the healthy changes necessary to find the balance you crave and create a happier life for yourself and in your relationships.

I love working with women who are willing to make the first step toward change in their life. Constant stress and challenges can make it difficult to feel your best and find solutions to your problems. Willingness to show up is the first empowering step you can make toward taking your life in a direction that feel more positive for you.

As a therapist, I am here to empower you to face life's challenges by developing your own strengths and the skills you need to heal, achieve and move forward toward your goals. Your journey into empowerment can lead you to live more consciously, happier, balanced and with purpose.



7406 – J Chapel Hill Rd Upstairs  
Raleigh, NC 27607



[TimeaLeach@CounselingProfessionalsPLLC.com](mailto:TimeaLeach@CounselingProfessionalsPLLC.com)  
[www.CounselingProfessionalsPLLC.com](http://www.CounselingProfessionalsPLLC.com)