



# A Balanced Life

Individual, Family and Child Therapy

individual therapy ∩ play therapy  
child therapy ∩ teen therapy  
couples counseling ∩ trauma therapy  
EMDR ∩ cognitive behavioral therapy  
mindfulness based therapy ∩ perinatal  
grief counseling

Helping you reach your full potential through  
goal-oriented, high quality therapy

**530-544-1748**

[abalancedlifetahoe.com](http://abalancedlifetahoe.com)