

Renewing You Counseling, LLC

Janet Conner, LCPC

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In office and Teletherapy available



Life can be overwhelming and difficult to navigate at times. The stressors and pressures of life can be exhausting and discouraging. Taking the steps toward stabilizing you or your child's mental health is very important...because you and your child are very important. At Renewing You Counseling, LLC, Janet Conner, LCPC, seeks to offer a Christ-centered, warm, supportive, encouraging, empathetic atmosphere where you and/or your child may feel comfortable and safe to process, heal, and move toward a renewed sense of peace, empowerment, and growth to handle life's challenges.

Janet's primary areas of expertise focus on working with Children (ages 3 and up), Adolescents, Young Adults, Adults, and/or Seniors with anxiety, depression, adjustment to life changes, self-esteem issues, poor social skills, poor peer relationships, communication/relationship problems, ADHD, High-functioning Autism, children's behavioral/emotional problems, marital issues related to communication problems, trauma, grief and loss, some military issues, women's issues, parenting support and skills training, and spiritual support/enrichment. Janet provides Individual Therapy for all ages, Couples Therapy, Family Therapy, Teletherapy (video-based), & Teleplay Therapy for children (video-based.)

Janet has enjoyed serving and working with children, adolescents, and adults since 2010. The therapy approach she utilizes is eclectic to fit the needs of the individual; however, Cognitive Behavioral Therapy, Christian-based Mindfulness Skills Training, Solution Focused Therapy, Client-Centered Therapy, Play Therapy, Child Behavioral Modification Skills Training, Parenting Support, Psycho-education, and Strengths-based approaches are the main modalities she uses. If you and/or your child are seeking a safe place to experience spiritual growth, self-awareness, skill building, mind renewal, and an engagement in the process of personal peace, empowerment, and growth then Janet would be delighted to hear from you.

Janet is a provider for Blue Cross/Blue Shield and Carefirst (other major insurances to be accepted in the near future).