

# HEARTWORK TRENDING COUNSELING & CONSULTING, PLLC.

STEPHANIE DAVIS, M.ED, LPC, OWNER & CEO

*Specializing in Matters of the Heart*

[www.heartworktrending.net](http://www.heartworktrending.net)



## ABOUT

Stephanie Davis, M.Ed, LPC, CEO of Heartwork Trending Counseling & Consulting, PLLC., is a Youth and Young Adult Therapist, Mental Health Speaker, former School Counselor, and poet/author.

As the 2019 recipient of The National Black Girl Excellence Awards' Mental Health Professional of Year Award, Houston Voyage's Trailblazer & Secretary of The Troubled Movement, Inc. Ms. Davis curates mental health events, self-care & personal wellness sessions & believes that counseling and educating youth and young adults is a "work of heart".

## SERVICES

Heartwork Trending Counseling and Consulting Services, PLLC, offers::

### Counseling

Individual Therapy (Client Centered, One-on-One)

*Counseling Rates start at \$120/hr.  
Some Insurance, and sliding scales accepted.*

### Consulting

Mental Health Speaker/Event Curator  
Professional & Personal Development Training

*Contact me for rates.*

### Groups/Trainings Offered:

Suicide/Crisis Prevention and Intervention

Parenting (Leadership) Styles

Social Media Awareness & Etiquette

Self Care & Personal Wellness Sessions:

Anxiety/Stress Management:

Goal Setting and Time Management

Creative Writing & Intentional Journaling Classes



**Let's keep heartwork trending!**

[www.heartworktrending.net/contact](http://www.heartworktrending.net/contact)  
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