



We are pleased to announce the expansion of our practice!

Do you or a loved one suffer from: *Depression? Anxiety? Addictions? Guilt? Anger? Stress? Low self-esteem or self-worth? Marital or parent/child conflicts? Eating disorders? Career questions? Identity conflicts or confusion? Loneliness? Social difficulties? Grief? Disorganization? Or other behavioral, emotional or cognitive problems?*

If so, counseling may be the key to change, resolution and your growth process.

Abide Counseling is now offering....

Counseling Services:

- ~Individual sessions at our home office in Wyndmoor, PA
- ~Distance counseling via Skype or phone
- ~Group counseling
- ~Couples counseling
- ~Family counseling
- ~Adolescent and child counseling

Seminars:

- ~ *Finding Peace*- a four-part series on individual mental health
- ~ *Finding Love*- a four-part series on relationship health
- ~ *The Seven Deadly Psychological Sins*-a one-part talk on changing unhealthy patterns
- ~ *The Way of the Ragged Heart*-a marriage seminar for the struggling but willing
- ~ *Pure Love*-a series of talks on godly romance and sexuality
- ~ *Dying to Be Beautiful*-a presentation on recovery from eating disorders

Intensive Seminars also available: 2-day: \$500; 3-day: \$750; 5-day: \$1,200

Reach out to us and learn how we can help!

Jennifer Jill Schwirzer, LPC, NCC

Jennifer is a graduate of Capella University and has extensive experience in individual & group counseling as well as private seminars. She is also a well-published author and has made several public appearances lecturing on the principles of mental health. Jennifer specializes in Christian and wholistic counseling and recovery from eating disorders. She uses an eclectic approach, which includes cognitive behavioral therapy and interpersonal and motivational interventions.

215-233-1286
www.jenniferjill.org

Marissa N. Smale, LPC, BCPC

Marissa is a graduate of La Salle University and has a diverse background of counseling experience. She has worked with young children, adolescents, adults and those struggling with chronic mental illness & substance use. Marissa has also dedicated several years to managing acute behavioral health care in facilities all over the U.S., ensuring best practices and standards for care. Marissa uses an eclectic approach to counseling that tailors treatment to meet an individual's needs. She has recently added educational seminars and clinical supervision to her services.

215-387-7512
marissasmale@gmail.com

Facebook- www.facebook.com/abidecounseling

Twitter- [@abidecounseling](https://twitter.com/abidecounseling)