

HILLARY JENNINGS, LMFT, LCPC

I AM NOT TAKING NEW CLIENTS AT THIS TIME. PLEASE CHECK BACK IN AGAIN IN THE FUTURE.

Sometimes life's challenges are too much and we lose our way. We feel overwhelmed, lost, maybe even alone. Sometimes we need to ask for help.

FIND BALANCE.
HEAL YOUR RELATIONSHIPS.
LIVE YOUR LIFE.



Relieve stress



Find happiness in your relationships



Develop work-life balance

We live in a culture where we deal with daily stress and sometimes trauma based on our marginalized identities, whether they be race, gender, sexual orientation, class, or ability level. Combine that with the fast pace of everyday life and the ongoing effects of climate change, and it becomes easy to feel overwhelmed and lose our balance.

It's time to get help.

I can help you live the life you want to live as an individual or couple.



Experienced

As a therapist with 15 years of experience, I will provide you with the guidance, support, and expertise you need to get back on track. My experience is multifaceted, from teaching new ways to manage stress, to helping repair couple and family relationships. I am tuned into the ways in which culture affects us all.

Caring

I bring compassion, understanding, and a collaborative approach to every client I work with, whether it's a couple struggling with disconnection in their relationship or an adult experiencing anxiety at work.

Licensed

My techniques are tailored to the needs of the client. As a Licensed Marriage and Family Therapist and a Licensed Clinical Professional Counselor, I have extensive training in many different theories and approaches.

Education and Experience

- Syracuse University, M.A. in Marriage and Family Therapy
- University of Michigan, B.A. in Psychology and English
- Five years of experience in private practice
- Eight years of experience working in Community Mental Health providing individual, family, and couple therapy to clients ages 6-90
- Three years providing clinical supervision to therapists and interns

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Make An Appointment