



Get Proactive! Do not allow a busy schedule or distance to stop you from achieving interpersonal goals, finding fulfillment, and healing. **"TeleSessions"** provide affordable access to therapy regardless of your location.

TeleSessions are convenient 50-minute counseling sessions on a free video conferencing service, or over the phone.

"TeleSessions" are ideal for:

- busy professionals with limited time
- those in long distance relationships interested in couples counseling
- those who enjoy remote work, living, and play
- individuals who travel for work
- anyone unable to access therapy due to illness or lack of transportation

Call today to schedule an appointment (512.507.0286). Visit www.solutionoverstress for more information.

Dana works with children, adolescents and adults; she sees individuals, families, and couples and offers convenient same day, evening, and weekend appointments in central and north Austin.