

# Mia Edwards

Being a child in this world can be difficult when you're trying to figure out where you belong. Along with that, sometimes comes depression, anxiety, and other life stressors that you may encounter that may make you feel uneasy. I currently work with ages 3-30, and I love what I do. I specialize in Depression, Anxiety, ADHD, ODD, DBT, and many more. As a therapist, my mission is to help my clients understand who they are, recognize their potential, and work through change as it comes. By utilizing empathy, understanding, and compassion; I believe creates not only a safe space, but a space for healing to take place, and opportunity for growth. I bring my sessions to life by incorporating music, art, and play therapy. "If you're always trying to be normal, you will never know how amazing you can be"- Maya Angelou.