

Excellent Care

Our balanced approach is creative and holistic, incorporating more than traditional therapeutic techniques. TLC integrates various therapies: recreational, adventure based, art, talk, coaching, mentoring, and monthly seminars for couples, anger management, parenting, and more!



The Total Difference

At TLC we take the guesswork out of finding the best counselors and psychologists. We also coordinate with the best MD's, Psychologists, Developmental Pediatricians, Nature-paths, Attorneys and Psychiatrists, etc. We excel with helping clients without medication, but also refer to the best psychiatrists when needed. With our team approach we can handle most mental health issues.

Dynamic Speakers

The media and many professional organizations, business alliances, civic organizations, churches, and schools call on TLC for a variety of topics: Marriage, Stress Management, Grief Recovery, Parenting, Surviving your Teenagers, ADHD, Divorce Support, Bullying, Defiance, Women's Issues and more.

Social Media & YouTube Media Resources



facebook.com/TotalLife
twitter.com/totallife
totalLifeCounseling.com/youtube/



5 Convenient Locations

Main Office 1507 Hiawassee Road, Suite 101
MetroWest Orlando, Florida 32835

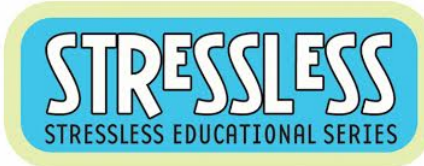
Satellite Locations

LAKE MARY
1325 South Int'l Pkwy.
Suite 2221
Lake Mary, 32835

CLERMONT
100 N. US Hwy 27
Unit B
Minneola, Fl 34715

WINTER PARK
1950 Lee Road
Suite 115
Winter Park, Fl 32789

EAST ORLANDO
13013 Founders Square Dr.
Orlando, Fl 32828



StressLessSeries.com

Jim West
Author & Speaker



Everyone Needs a Little TLC



relationships

family

children

teenagers

adults

addictions

social skills



Info@TotalLifeCounseling.com
TotalLifeCounseling.com

407-248-0030



- ADHD/ADD
- Oppositional Defiant
- Social Skills Groups
- Adventure Based Camps
- Child/Teen/Young Adult
- Career Coaching

Jim West, MA, LMHC, NCC



- ADHD/ADD
- Play Therapy
- Relationships
- Trauma
- CBT
- Divorce for Kids
- Life Transitions

Lyris Steuber, MS ,LMFT



- Women's Issues
- Anxiety
- Depression
- Self-Esteem
- Career Counseling
- Relationship Issues

Stephanie Booth, MS

Registered
Mental Health
Counselor



- Addiction Recovery
- Sexual Abuse
- Codependency
- Trauma or PTSD
- Grief & Loss
- Couples
- Depression/Anxiety
- Women's Issues

Dana West, MSW, LCSW



- Autism/Aspergers
- Emotional Freedom Therapy
- ADHD/ADD/ODD
- Anxiety
- Hypnotherapy
- Borderline & Bipolar

Jamie Barrett, LMHC, RPT-S



- Addictions
- Gender Identify
- Trilingual
- Couples
- Teen Pregnancy
- Self-Identity

Anna Vita, MS

Registered
Mental Health
Counselor



- Couples
- Divorce Mediation
- Parent Coordinator
- Collaborative Law Neutral
- Family Counseling
- Trauma or PTSD
- Anxiety/Depression

Leslie Hamilton, PhD, LMFT



- Couples
- ADHD/ADD/ODD
- Social Skills Groups
- Parenting/Fathering
- Anger Management
- Anxiety
- Career Coaching
- Child Teen Issues

Matthew Martin, MA, LMHC



- ADHD/ADD/ODD
- Domestic/Sexual Abuse
- Play Therapy
- Women's Issues
- EMDR/ EFT

Teresa Kovach, MS

Registered
Mental Health
Counselor



- Psychological Evaluation Testing
- ADHD/ADD
- Depression
- ODD
- Addictions
- Anxiety

Marilyn Card, Ph.D, School Psychologist



- Depression
- Anxiety
- Child/Parent Psychotherapy
- Maternal Mental Health
- Trauma
- Play therapy

Mayeling Angelastro, MA, LMHC



- Social Skills
- Couples Therapy
- Anger Management
- Anxiety
- Depression
- Addictions/Porn

Jesse Ewing, MS

Registered
Mental Health
Counselor

Seminars & Groups

- Social Skills Groups
- Marriage Seminars
- Team Building - School Staff, Students or Corporate Retreats
- In School Conferences, Pre-Planning or Seminars

Court Referrals

- 8 Hour Anger Management Classes
- 6 Hour Teen Anger Management Classes
- 4 Hour Parenting Classes
- 4 Hour Co-Parenting Classes
- Parent Coordination
- Family Mediation
- Substance Abuse Treatment and Assessments

Types of Counseling

- Individual
- Group
- Couples
- EMDR
- Family Therapy
- Rapid Resolution Trauma Therapy
- Sand Therapy
- Play Therapy
- Experiential Therapy
- Adventure Based Therapy
- Coaching and Image Enhancement

**Call today for your
Complimentary 15 Minute
Phone Consultation!**

407.248.0030