

# Being Well With Bianca

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## Services Offered:

- Psychotherapy in Austin for couples and individuals - video sessions also available.

## Providing Support With:

- Relationships, anxiety, depression, trauma, grief, loss and life transitions.

Training for organizations on trauma-informed work environments, brain science, emotional intelligence and leadership.

## For more information, please contact:

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Supervised by: Carolyn Mehlomakulu



## Let's connect on:

My Website: Being Well With Bianca  
(Including Blogs On Mental Health)  
<http://beingwellwithbianca.com/>

## Facebook:

Being Well With Bianca