

Mental Wellness Visits

Schedule your check-up!



- **Two intake sessions** to assess your mental health, relationships, and lifestyle factors
- **Personalized recommendations and wellness plan**
- **Semi-annual check-in appointments** to collect data and monitor how you're doing
- **As-needed booster sessions** – scheduled at your request
- **Establish reliable care** with expert clinicians

Staying healthy is just as important as getting healthy. Call us today!
202-952-7105

perfecttherapygroup.com

In-person & Online in 40+ States | Teens & Adults

