



RENEWING  
*Harmony*  
MENTAL HEALTH AND WELLNESS

Now accepting  
new clients!

Ages 15-65

Virtual and In-  
person  
appointments  
available in  
Fredericksburg, VA

Conveniently  
located in Central  
Park

Accepting cash  
pay and  
insurance

Renewing Harmony is an outpatient mental health practice that is committed to providing individualized treatment to each client, focusing on a holistic and evidence-based approach to treatment. We collaborate with each client in achieving the best quality of life by prioritizing each client's specific goals for treatment.

### Services provided

Medication Management  
Psychotherapy  
Integrative care  
Personalized and  
individualized treatment

### Areas of specialization

Depression  
Anxiety  
ADHD  
Bipolar disorders  
General mental health and  
wellness  
LGBTQIA+  
Life transitions



Contact us today to schedule your first appointment

[www.renewing-harmony.com](http://www.renewing-harmony.com) 540-302-2608