

BALANCE⁴LIFE

Mental, Physical, Spiritual, and Social Wellbeing
Professional Counseling and Life Coaching Services



Balance 4 Life Ministries is an official 501c3 nonprofit organization. Your tax deductible donations allow us to say "YES!" to everyone, assisting clients in their healing journey.

Mental Health

Working with clients to address specific issues affecting their mental well-being such as: Anxiety, Depression, Trauma, Eating Disorders, PTSD, Low self-esteem, Stress response, and others.

Relationships

Counseling may involve individuals, couples, families, to address relationship challenges such as: Communication, Conflict, Intimacy, Parenting, Premarital / Marital, and others.

Sports Psychology

Working with coaches, teams, parents, and athletes of all ages and skill levels to help enhance their overall performance and well-being through the use of technical assessments, observational techniques, and strategic interventions.

Life Coaching

Work with clients to help them find ways to achieve their goals, overcome challenges, and make changes in their lives. Focusing on improving areas such as career, self-care, relationships, or anything else impacting daily well-being.

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