

Steve Bizier LCSW - Counseling/Therapy



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Everyone has times when they feel overwhelmed, frustrated and stressed. As human beings it is inevitable that we will encounter obstacles in our lives from time to time. I do believe it is during these times that we learn the most about ourselves. Many times people repeat the same destructive patterns in their lives without even realizing it. As someone who has struggled with anxiety issues myself in the past, I understand how debilitating it can be. I believe my own experiences have made me a much more empathetic therapist as I can completely understand and relate to what my clients are struggling with. Together we will work collaboratively to get you back on track to leading a fulfilling life. Throughout my career I have helped people overcome various obstacles such as depression, anxiety, sexuality/gender issues, relationship problems among others. I have also assisted in writing letters for my clients to receive an emotional support animal, as well as letters for my clients whom are wishing to begin the transitioning process through hormone treatment and also surgery. I utilize a cognitive and holistic approach. I provide a safe and nonjudgmental atmosphere for you to process your feelings in a warm and caring environment. My greatest reward is seeing my clients move on with their

lives and grow in a positive manner. Please visit my website for further information:

www.stevebizier.com

Specialization(s): Anxiety, LGBTQ+, Life Transitions

Rates: \$95 - \$125

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