



Meet the **Owner**

Gary C. Nelson NCC,LPC

Gary Nelson is a Nationally Certified Counselor and licensed professional counselor who runs a private counseling practice for adults and youth suffering from various mental health disorders.

He's known for utilizing unique, creative interventions and counseling techniques.

Nelson is the author of several children's books which are part of a series to provide children with coping mechanisms and social and emotional learning.



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MENTAL HEALTH SERVICES

Tailored to
the social and
emotional needs of your
educational institution.



Nelson Counseling LLC

Services Offered



RELATIONSHIP BOO-CAMP:

Engaging group sessions for couples and singles focusing on key aspects of dating, and maintaining romantic relationships. These insightful sessions will expose participants to relationship principles including Safe Dating, Learning your partner/potential partner's character, and identifying negative behaviors.



GRIEF WORKSHOPS:

These sessions provide emotional support, education on stages of grief, and practical techniques that assist in the process of coping with grief.



TAKE OFF THE ANGER:

These powerful sessions aid participants in managing anger as well as identifying and managing triggers. We give the participants the tools and strategies they need to overcome, overpower, and take off the Anger.



YOUNG WOMEN/MEN EMPOWERMENT:

As young people advance in education and professionally it is important to understand the mental and emotional challenges which come with increased responsibility. These sessions offer insight on what to expect when advancing as well as tools to utilize to manage and maintain mental and emotional health along their journey.



MENTAL WELLNESS IN EDUCATION:

We offer a variety of sessions focused on the emotional and mental needs of both Educators and students including:

- Mental Wellness Workshops for Students (Middle School - College)
- Elementary Mental Wellness Workshops



OPTION OF IN-PERSON / VIRTUAL SESSIONS

Understanding that in today's age impact can be made in person or virtually, we offer our services in both in-person and virtual formats.



SCHOOL BASED EMPOWERMENT PROGRAM

We provide consultation and services which help you establish and maintain school based empowerment programs. Please contact us for more details!