

A Sanctuary for a Clearer Mind. Balanced Life.

Thoughtfully designed psychological counseling services and mental wellness experiences for everyone.

Certified Experts

Fully Confidential

Ethical Practice

Evidence-Based

Starts@49*



SCAN TO BOOK A SESSION

www.rachmanas.com



You Don't Always Need A Crisis to Seek Clarity!

Life Stress Counseling

for those who carry a great deal, every day



- ✓ Identify specific stress patterns and reduce mental overload
- ✓ Build emotional regulation skills that fit into a real, busy day



When Workplace Stress Spills Over Into Your Personal Life, Too!

Workplace Adjustment Counseling

when work pressure starts to follow you home



- ✓ Identify workplace triggers and build professional confidence
- ✓ Manage difficult conversations and set healthy boundaries





A Marriage Doesn't Need to be Broken to Deserve Care

Marital Counseling

for when tension begins to replace connection



- ✔ Strengthen communication and understand the deeper needs beneath recurring conflicts
- ✔ Rebuild trust and develop healthier interaction that restores emotional steadiness



When Exams Start to Feel Like the Only Thing You Are

Competitive Exam Stress Counseling

for high-pressure exam aspirants



- ✔ Overcome performance anxiety, overthinking, and fear of failure
- ✔ Rebuild focus and daily structure without losing sight of who you are beyond the exam



You Have Spent a Lifetime Showing Up for Others. This Is for You

Geriatric Counseling

for seniors navigating change, loss, & life transitions



- ✔ Work through loneliness, grief, health anxiety, and the quiet loss of familiar roles
- ✔ Rebuild a sense of steadiness and find what still holds meaning in this chapter of life

