



THE CHOICE GROUP

COUNSELING



Contact Us

(877) 374-5312



Email

info@thechoicegroup.com

www.TheChoiceGroup.com

COUNSELING

The goal of counseling is to provide a safe, accepting, non-judgmental place where individuals can explore their concerns in confidence including:

Depression & Anxiety
Adjustment/Life transitions
Career Decisions
Disability
LGBTQ+ Issues
Grief and Loss
Marital/ Couples Therapy
Relational Difficulties
Trauma



RACHEL HOFFMAN
MS., M.DIV, CRC, LPC

“As a counselor I am here to help you discover strength, courage and personal growth. Together we explore your goals and celebrate your progress.”

“Counseling is transformative and healing. It is my pleasure to be on this journey with clients as they make their way towards wellness and build the skills needed to aid them in becoming who they want to be.”



JUSTIN SHEETS
MS, LPC, CRC