



Individual



Parenting

From the House of



Sayrex Therapy & Growth Areas

Anxiety & Stress

Learn to manage overwhelming thoughts
emotional control.



Depression & Mood Disorders

Supportive care to restore emotional balance and lift low
moods.

Trauma & PTSD

Heal past wounds through safe, trauma-informed therapy.

Relationship Issues

Strengthen communication and create healthier connections.

Anger Management

Gain tools to manage anger and respond calmly to triggers.

Queer Affirmative Therapy

Inclusive, affirming support for LGBTQ+ mental wellness.

Addiction & Substance Abuse

Guided recovery from dependence toward a healthier
future



Leadership & Functionality

Build clarity, confidence, and personal growth for success.

Individual Therapy

One-on-one sessions tailored to your personal emotional journey.

Roots & leaf
Parent Counseling

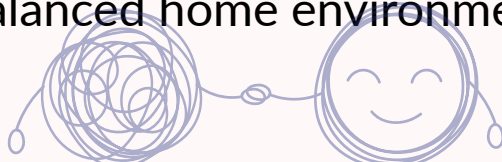


Support for the Ones Who Support

At Roots and Leaf, we believe that empowered parents nurture empowered children. Our parent counseling services provide a compassionate space for guidance, clarity, and emotional support—helping parents navigate the challenges of modern parenting.

Why Parent Counseling?

- Understand your child's behavior and emotional needs
- Learn effective communication and discipline strategies
- Manage parenting stress, anxiety, or burnout
- Resolve family conflicts with empathy
- Create a balanced home environment



Our Focus Areas

- Positive Parenting Techniques
- Child Behavior Management
- Academic Pressure & Exam Anxiety
- Digital Addiction & Screen Time
- Parent-Child Relationship Building
- Mental Health Awareness for Parents
- Special Needs Parenting Guidance



**Seamless
Online Booking**



**Seamless
Online Booking**



**100% Privacy
Assured**



**Consult From
Anywhere,
Anytime**



**Certified &
Experienced
Psychologist**



**Roots & leaf
Counseling**

