

Does your life feel like...

A jumbled puzzle?

Pieces are missing?

Too much to sort out?

Details are overwhelming?

Hard to see the big picture?

Can't decide where to begin?



You Can Find Help Here

Our Mission

Is to provide a warm, heartfelt, accepting center where you are offered opportunities for growth, resolution, change and healing at the emotional, mental, physical and spiritual levels while incorporating traditional and nontraditional therapeutic approaches.

**Bright Path is
The Right Path!**

**A Holistic approach to Wellness with
Mental Health Therapists
Licensed in N.Y.S**

**Credit Cards/HSA/Checks/Cash
Most Insurances
Accepted**



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Your Path

to Change...

to Relief...

to Improvement...

to Personal Growth...

*Professional Heartfelt
Confidential*



**7266 Buckley Road
North Syracuse, NY 13212
(315)-458-0919**



Bright Path Provides a Safe, Welcome Atmosphere where Individuals, Couples, Children and Families work with 17, on Site, Experienced Therapists to:

- Experience Relief
- Explore new ideas
- Gain personal insight
- Improve self-esteem
- Heal Past Traumas
- Develop Skills necessary to Improve Daily Life
- Change Old Patterns

New!

Nurse Practitioner on Site for:

Medication assessment
Medication followup

Over-The-Phone Counseling Sessions
for Self Pay Clients

Each person is appreciated as a unique individual with emotional, physical and spiritual needs.

**Counseling at Bright Path
Can Help!**

Mental Health

Is the Sense of Well-being in Thoughts, Feelings, Expectations, Beliefs, Encounters, Intellectual Focus, Relationship Satisfaction, Personal Integrity & Coping Abilities

But ... Life isn't always like that
You might be experiencing:

- Depression
- Anxiety - Panic Attacks
- Frustration - Anger
- Family Problems
- Unhappy Relationships
- Obsessive Compulsive Actions
- Alcohol/Chemical Abuse
- Stress
- Grief
- Eating Problems
- Marriage Issues
- Multiple Concerns

Services Offered:

- Individual Counseling
- Couples Counseling
- Family Therapy
- Medication Assessment, Medication Management
- Personal Growth Sessions
- Children's Counseling
- Personal Enrichment Groups
- Hypnotherapy
- Education Centered Groups
- Transgender Concerns
- Reiki
- Drum Circle

*Day - Evening
Weekend
Appointments*

***Trim-Life®: Weight Loss Program**
Diets don't work...the power of the mind does!

Hypnosis & Hypnotherapy Help You

- Release Weight
- Manage Hunger
- Extinguish Cravings
- Increase Metabolism
- Reduce Stress
- Shrink Your Stomach
- Resolve Emotional Issues
- Improve Body Image
- Increase Activity
- Regulate Blood Sugar Levels
- Feel Better About Yourself!

Hypnotherapy is Also for You If You Experience Difficulty with:

- Anxiety/Fears/Phobias
- Panic Attacks
- Addictions
- Trauma
- Public Speaking
- Test Taking
- Confidence
- Grief
- Chronic Pain
- Day to Day Living