

# IMMEDIATE AVAILABILITY

AHN Chill Project™ is currently accepting new clients for therapy services

- Find relief from anxiety and worry
- Discover a path towards healing and happiness
- Learn strategies to cope with stress and feel calm
- Improve communication and connection
- Achieve a greater sense of well-being



- Immediate appointments available
- Confidential & supportive environment
- Most insurance plans accepted
- Serving all ages – kids to adults
- Teletherapy preferred



## TO GET STARTED, CONTACT:

Jefferson Counseling Services  
412-650-1100  
[chillprojectmindsinmotion@ahn.org](mailto:chillprojectmindsinmotion@ahn.org)

