

**Ruby Garcia, LCSW**

Staff Therapist

I enjoy working with adults, adolescents, individuals experiencing relationship challenges, survivors of child abuse, miscarriage/infant loss, infertility issues and postpartum depression. I also offer specialization in working with children and families and am bilingual in English and Spanish to meet the needs of a more diverse and culturally sensitive population. I am very passionate about encouraging patients to become the best version of themselves and incorporate insightful changes desired to live a fulfilling and meaningful life.

I believe everyone is unique and I value the importance of building strong relationships with my patients as it is essential to their personal growth and healing. It is a great honor to work with patients living through different life journeys. I have experience working with a diverse population of individuals from all paths of life.

In my personal time I enjoy nature, gardening, earthing and utilizing a variety of meditation techniques to keep myself grounded. I love spending quality time with my husband and children. I feel that it is very important to be in a healthy mental space to provide patients with the best service they deserve.

»I don't have to chase extraordinary moments to find happiness. It's right in front of me if I'm paying attention and practicing gratitude» - Brene Brown