

*"Where sexual and
mental health intersect"*

J.R. COUNSELING

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SERVICES

Mental Health Counseling

Sexual Health Counseling

Sexual Trauma Support

Nutritional Counseling

Yoga

Mindfulness

Reiki

Testing and Assessments

Group Therapy

LPC supervision

Consultation

Program Consultation and Review

Diversity and Inclusion Training

Presentation and Engagement

Sex Education

Trauma Stewardship

Workshops

Services are for individuals, couples, or families.



"Health is not just about your physical being, but includes your mental, emotional, sexual, financial, and spiritual self."

—Jessica

PROVIDERS

**JESSICA ROSS, LPC, NCC, CCTP, CST
CLINICAL DIRECTOR**

Jessica is a trained psychotherapist specializing in sexual functioning, trauma, working with first responders, LGBTQIA+, and couples.

NATASHA SELLEY, LPC

Natasha is a therapist specializing in working with women-identified clients, divorce, parent/child relationship, teen challenges and self esteem building.

DR. SHELEE-ANN FLEMMINGS

Dr. Flemmings is a psychologist with specialized training in the areas of trauma informed therapy, WPATH assessments, neurodiversity testing and personality assessments. She works with many in regard to identity development, mindset work, interpersonal/relationship concerns, adjustment/transition, trauma (intergenerational trauma and unresolved childhood), and existential concerns.

STEFANIE MCCLELLAN, MSW, RYT, CMT

Stefanie is a former mental health clinician and an experienced Yoga Teacher, multi-modality Meditation Teacher, and energy worker.

SHELBY BANKS, MS, RDN

Shelby is a Registered Dietitian Nutritionist. She specializes in approachable nutrition