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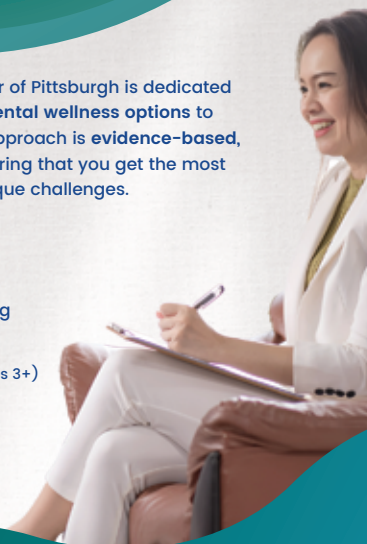


## COUNSELING, PSYCHIATRY & Wellness

Counseling and Wellness Center of Pittsburgh is dedicated to providing a wide range of mental wellness options to meet your diverse needs. Our approach is evidence-based, holistic, and personalized, ensuring that you get the most effective treatment for your unique challenges.

### OUR SERVICES

- ✓ Adult, Teen & Child Therapy
- ✓ Marriage & Family Counseling
- ✓ Psychiatry (All Ages)
- ✓ ADHD & Autism Testing (Ages 3+)
- ✓ Online and Group Therapy
- ✓ Salt Cave Halotherapy
- ✓ Somatic Yoga & Breathwork
- ✓ Sound Healing



Counseling & Wellness  
CENTER OF PITTSBURGH

[COUNSELINGWELLNESSPGH.COM](http://COUNSELINGWELLNESSPGH.COM) | 412-856-WELL

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Say goodbye to long scars and longer recovery times

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\*Not every patient is a candidate for minimally-invasive heart surgery.



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**Contact Us**  
+412-742-7274  
[www.peaceoftime.org](http://www.peaceoftime.org)  
[peaceoftimewellness@gmail.com](mailto:peaceoftimewellness@gmail.com)

## About Us

**Hours:**  
Mon-Fri: By Appointment Only

Peace of Time Wellness offers multiple services that can be utilized in an integrative approach or individually. The services we offer are evidence-based approaches to healing. At Peace of Time, we understand that the mind and body are constantly communicating to manage our experiences of the world. Our goal is to help others become aware of this connection and learn how to keep the mind and body in harmony.

## PEACE OF TIME WELLNESS

**Services:**  
Massage Therapy  
Somatic Experiencing  
Yoga  
Physical Therapy



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