

SHARON POLLAK

How do you make sense of your world, your life, and your relationships? Sharon Pollak will work with you to help make sense of the challenges in your life. Perhaps you are struggling with life transitions or with feelings of inadequacy, perhaps life feels out of balance, or you are concerned about negative behavior patterns. Anxiety, depression and grief may all accompany us as we live our lives. Listening to your story will allow Sharon to assist you in better helping you cope. Working together she will aim to help you discover new pathways to move forward in your life.

Sharon's areas of specialty have expanded over the years. Beginning as a child and adolescent specialist, creativity and flexibility is built into her practice. This is helpful in all areas of her work, including child and adolescent, young adults, parenting work, and in working with people in recovery and their loved ones.

