HERE FOR YOU

LifeWorks psychotherapists bring a sex-positive and inclusive attitude to the difficulties, conflicts and questions you face. We see psychotherapy as an in-the-moment, co-creative exploration and discovery that can enhance self-awareness, wholeness and compassionate self-care.

ARE YOU LOOKING TO...?

find support,
heal from past history, wounds or trauma,
find more joy, satisfaction & comfort,
build communication skills,
resolve conflicts,
improve relationships,
discover meaning & purpose,
deepen self-awareness,
embrace your true nature...

Read more about LifeWorks clinicians at:
www.lifeworkspsychotherapy.com

LifeWorks is a Blue Cross Blue Shield PPO & Blue Choice provider.
ARE YOU EXPERIENCING...?

anxiety or stress, depression, sadness or loss, effects of or backlash from trauma, marginalization, discrimination, inner or outer oppression, relationship conflict, disturbing or persistent moods, longstanding problems, difficult life transitions...

Our focus is helping you develop inner and outer relationships to create growth and possibility for your life.
WE ARE AN EXPLICITLY INCLUSIVE PRACTICE. WE EMBRACE DIVERSITY IN ALL ITS FORMS.

We welcome clients of all ages, ethnicities, races, spiritual practices and religious traditions, genders and sexual orientations.

LifeWorks clinicians have many years of experience working with transitions, issues and conflicts related to relationships and identities that are marginalized or largely unsupported by society such as LGBTQIA, open relationships, polyamory, kink, etc...

We are knowledgeable about the struggles of religious, spiritual, racial, cultural and ethnic minorities.
WE APPROACH THE PROBLEMS YOU FACE WITH AN UNDERSTANDING THAT...

Life struggles and conflicts are meaningful, purposeful and the keys to healing.
EXPERIENCE, HEALS AND BRINGS RELIEF. KNOWLEDGE IS NOT ENOUGH...

Compassion toward ourselves and others brings us closer to our true nature and whole, undivided self.
In Skokie
8707 Skokie Boulevard, Suite 310, Skokie, IL 60077
Near the Edens Expressway and the CTA Yellow Line
(Dempster/Skokie station).

In Lakeview
3139 N. Lincoln Avenue, Suite 220, Chicago, IL 60657
Two blocks south of the CTA Brown Line (Paulina station).

In The Loop
120 W. Madison, Suite 920, Chicago, IL 60602
Between Clark & LaSalle.
Walking distance to Ogilvie Station, CTA Pink, Orange,
Purple, Brown, Red & Green Lines.

for more information or to make an appointment, please call us at
847-568-1100  |  INFO@lifeworkspsychotherapy.com