

LAUREL ROE

M.S., CHR, MFT



Laurel Roe is a marriage and family therapist with an M.S. in Counseling and Human Relations who works with individuals, couples, and families with diverse backgrounds. She believes we all have unique strengths that can be used to help us move toward the goals we have set for ourselves, and she understands we sometimes need help to navigate the many challenges of life. Ms. Roe has a background in education and particularly enjoys working with children, teens, and families in all stages of life development and transition. She works collaboratively with clients using a relaxed, integrative, systems-based approach that incorporates humor and experiential techniques as appropriate.

SPECIALTY AREAS

- Children with Special Needs
- Communication
- Depression and Anxiety
- Parenting
- Stress
- Veterans, Active Military, and Their Families

