

# Mariah Garcia



LCSW #127817

**Mariah specializes with children, teens, and young adults. As a therapist, Mariah is privileged to work with others to improve their mental health by navigating life's hardships with compassion and empathy. Mariah believe's positive change is possible through a fostered therapeutic alliance that provides a sense of security and support in a non-judgmental place. Attaining connection and self-awareness is a collaborative process that requires compassion and understanding to assist in goals and treatment. Through Mariah's work, Mariah is dedicated to helping others build self-confidence, improve communication, and develop interpersonal skills to ultimately aim for growth and healing."**