

BREANNA SACCO MA, LPC



Specialties:

- Depression
- Anxiety
- Trauma and PTSD

About: Breanna helps people manage anxiety, depression, and trauma by helping them to bring a greater sense of awareness and acceptance to their lives. Breanna and her clients examine and interpret thoughts and emotions to then decide how to move forward. She uses a holistic approach and incorporate the mind-body connection.

Education: The Chicago School of Professional Psychology

Hours available for new clients: Contact Porchlight for more information.

Insurances accepted: Blue Choice PPO, BlueCross and BlueShield PPO, Out of Network