

## FRANCESCA COLE-BARNES, LCPC



### Specialties:

- Child or Adolescent
- Parenting
- Coping Skills

**About:** As your therapist, Francesca's goal is to help you feel at peace and at ease when sharing your life's story and to offer a space of empathy and active listening. Together you will journey through your life, whether past or present, in order to get you to the future you so rightfully deserve. And because your mental health is important to you, it's important to her. What makes her therapy practice unique is her love for transparency and honesty. From day one, the goal is to build a relationship based on trust in order to sustain a strong therapeutic alliance. As a team, you both will work together to create therapy goals that will allow you to live your best life ever.

**Education:** Roosevelt University

**Insurances accepted:** BlueCross and BlueShield, Cigna, United Healthcare