



INDIVIDUAL COUNSELING

Finding Peace, Healing and Growth



[AgapeSolaceCounseling.com](https://www.AgapeSolaceCounseling.com)

CLIENT TESTIMONIALS

"Would highly recommend Aaron. Both my girls got to work with him. He helped them come a long way! He made them feel safe and comfortable! Always communicated with me so I can help with my part at home! Felt like I was getting counseling, too! Loved that we were all a team! To help my girls with the situations they were going through!"

"When I first started therapy I never knew that it would have the impact on me that it did. I was a bit nervous finding someone that I would be comfortable with expressing my inner thoughts. To my surprise, Mr. Montgomery was the perfect fit. Not only did he help me work through something's, I found myself consciously thinking about his advice throughout the day, which really helped. If you're looking for a good therapist, I HIGHLY RECOMMEND Mr. Montgomery!"

"Thanks to Aaron, I have made significant progress in managing my anxiety and building healthier relationships. His guidance has been instrumental in my journey towards emotional wellness. I wholeheartedly recommend Aaron Montgomery to anyone seeking a therapist who is not only not highly skilled but also deeply caring and invested in their clients success."

WHY CHOOSE US?

Expert Counselor: Aaron is committed to helping you achieve personal growth, stronger relationships, and over all well-being.

Tailored Solutions: We understand that every individual is unique, and we adapt our methods to fit your specific needs.

Dedicated Support: We offer ongoing support to ensure your continued success.



Aaron's approach blends these modalities to provide personalized care tailored to each client's unique needs. His dedication to self-care and balancing the five areas of self-care ensures that clients can effectively apply learned skills and manage their mental health challenges.



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ABOUT US

At Agape Solace Counseling, we are dedicated to helping you navigate life's challenges through compassionate, individualized support. Aaron Montgomery, our experienced counselor provide a safe space for you to explore your thoughts, feelings and experiences.

Mr. Montgomery brings a wealth of knowledge and experience to Agape Solace Counseling. With a Bachelor's in Criminal Justice and a Master's in Mental Health Counselor Education from Florida Atlantic University, Aaron is a Licensed Mental Health Counselor (LMHC) and a Nationally Certified Counselor (NCC).

With over 6 years of experience in mental health and substance abuse counseling, Aaron has been focused on individual and family therapy since 2020. His unique background includes teaching in school settings during his master's studies, giving him a well-rounded understanding of the challenges individuals and families face.



Cognitive Behavioral Therapy
Motivational Interviewing
Trauma-Focused Cognitive Behavioral Therapy
Dialectic Behavior Therapy
Solution-Focused Therapy
Nationally Certified Counselor

INDIVIDUAL COUNSELING

- **Gain Insight into Personal Issues**

Explore the root causes of your challenges and develop a deeper understanding of yourself.

- **Develop Coping Strategies**

Learn effective techniques to manage stress, anxiety, and other difficulties, empowering you to handle life's obstacles.

- **Improve Mental Health and Emotional Wellbeing**

Work towards enhanced emotional balance and resilience, prompting overall mental wellness.

- **Enhance Personal Growth and Self-Awareness**

Discover your strengths and areas for improvement, fostering personal development and self-discovery.

TAKE THE FIRST STEP TOWARDS HEALING



VISIT US



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If you're in crisis or at risk of harm, please call the National Suicide Prevention Lifeline at (800) 273-8255 or 988, or dial 911 for immediate assistance.