



Did you know?

One in five people will suffer from a mental illness this year

We understand that life can be difficult. To realize you need help takes courage. To ask for help takes strength. This is a good beginning, and we would like to offer you help in a new way!

The Better Mood Clinic of South Georgia is a full-service mental health and behavioral health clinic, which provides many different services to all age groups:

- ◆ Medication management (referrals)
- ◆ Behavioral assessments
- ◆ Psychological assessments and testing
- ◆ Specialized evaluation and treatment of trauma, due to child abuse, spouse abuse, sexual assault, post-traumatic stress disorders and critical incident stress
- ◆ Substance abuse/addiction assessments and treatment including probation referrals for evaluations
- ◆ Individual, marital, family and group assessment, counseling and treatment
- ◆ Crisis intervention
- ◆ Life coaching and wellness seminars
- ◆ Current Groups and available classes
 - Wise Woman's Group: Women managing disabilities and life changing events
 - Trauma Group: Women recovering from childhood/adult traumas

Staff availability 9:00 am to 6:00 pm, Monday, Wed & Thursday; Tuesday 9:00 to 8:00 p.m.; 9:00 am to 4:00 pm on Friday; and 9:00 am - 3:00 pm on Saturday as scheduled

Nancy Weingartner, LCSW (Licensed Clinical Social Worker), Certified Addictions Counselor

Wandamaria Lopez, Ph.D (Clinical Psychologist)

Michelle Smith, Ph.D (Clinical Psychologist)

Pat Wittenborn, LCSW (Licensed Clinical Social Worker)

Dana Hutflied, LMFT (Licensed Marriage and Family Therapist)

Jerry Register (Licensed Clinical Social Work Resident)

Lashawn Pittman (Clinical Social Work Resident)

Christy Vrandopulo (Marriage and Family Therapist Resident)

Better Mood Clinic of South Georgia, LLC is located at 2935 N. Ashley St, Bldg F, Valdosta, GA; (229) 333-2273 (CARE). They can also be found online at www.BetterMoodClinic.com

"A new day ... a new way"