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INDIVIDUAL & COUPLES COUNSELING FOR NEW YORKERS.

*Urban life places many stresses on us, making it difficult to find true connection, balance and joy. I work with clients to explore how relationships with partners, family, friends, coworkers, and society in general are often the source of our greatest growth and the root of our biggest challenges.*

Areas I specialize in are :

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| --- | --- |
| **Couples Therapy**  **Engagement & Pre Marital Counseling**  **Sex Therapy- helping couples connect emotionally and achieve their desired level of intimacy**  **Living Together**  **Substance Abuse**, alcoholism or addictions  **Trauma**—recent or past  **Abuse** (physical, emotional, sexual)  **Work Related Stress** (newly employed, laid off, under-employed, office politics)  **Grief and Loss**  **Separation & Divorce** |  |

To start this process, I offer a **complimentary 20-minute phone consultation** where we can discuss why you're considering therapy, and explore how therapy could be helpful.

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If you're looking for extra support and guidance through a challenging situation

Or you want to move in a new direction in your life,

I look forward to working with you to achieve your goals.

In New York City I am conveniently located **in Union Square** and **Astoria**.

I offer daytime and evening appointments Monday through Friday.

  
**Carlo A. Borea**  / **Psycho Therapist**  
**NYS License #006161  
Tel. : 917-756-4209**   
 [info@boreatherapynyc.com](mailto:info@boreatherapynyc.com)   
41 Union Square West - Suite 1328 New York, NY 10003

3051 36th St. Astoria, NY 11103