



## Contact and Location Information

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*Located in Park Ridge, IL, on Northwest Highway south of Dempster Street east of the 294 Tri-State Tollway*

### **GROLL THERAPY**

1580 N. Northwest Highway

Suite 111-g

Park Ridge, IL 60068

# GROLL THERAPY

*Focused on improving your  
mental health, relationships,  
and overall wellbeing*



*Adult, Child, Adolescent, and  
Family Psychotherapy*

### **Your Therapist – Anita Groll, LCPC**

Anita is a licensed clinical professional counselor. She has over 20 years of counseling experience helping adults, children, and teens struggling with a variety of challenges including depression, stress, anxiety, relationship problems, and long term mental health issues.

Anita provides a safe, nurturing environment to develop trust and open communication. Her practice approach is client focused and goal directed. She applies cognitive-behavioral methods while working with her adult clients. When working with children and families, she uses elements of play therapy and parent coaching.

**Mówię po polsku.** She is bilingual in both English and Polish.



## Services

Anita works with a wide range of emotional and behavioral issues. She offers a comfortable and supportive atmosphere and a highly personalized approach tailored to each client's individual needs to help them attain their personal goals.

Treatment specialization includes:

- Adult Counseling
- Child or Adolescent Counseling
- Divorce Counseling
- Parenting Support
- Co-Parenting
- Supervised Visitations
- Family Counseling
- Immigration Evaluation
- Adoption Counseling
- Couples Counseling
- Grief Counseling
- Stress Management

## *Anxiety and Depression*

Has your anxiety or depression reached overwhelming levels that has dramatically reduced or eliminated your productivity and quality of life? Anita can help with Cognitive Behavioral Therapy and relaxation techniques that together replace negative patterns and perceptions to reduce the frequency and intensity of your symptoms.

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## *Family Therapy*

When a family goes through a change an outside help and support may be needed in adjusting to a new situation. Seeking the safety and guidance of professional psychotherapy is a monumental first step on the road to turning painful patterns into a productive partnership.



## *Therapy for Children and Teens*

Children and teens often suffer from the same anxieties and mental health issues that adults experience but with fewer skills to cope. Anita uses a variety of techniques that are appropriate for the age – play therapy, art therapy, and therapeutic games. She collaborates closely with parents to reinforce the therapy and ensure that everyone is focused on helping the child.

## Rates and Insurance

Services may be covered in full or in part by your health insurance or employee benefit plan. Most insurance plans and all types of payments are accepted.

## Scheduling

Now accepting new clients. Please call: **(708) 925-3540** or email: [\*\*grolltherapy@gmail.com\*\*](mailto:grolltherapy@gmail.com) to schedule an appointment.