

For Immediate Release

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NEW TREATMENT SERVICES FOR OAK PARK RESIDENTS

SACRAMENTO, CA – It is with great anticipation and excitement that the first and only private therapy practice and consulting / executive coaching business are opening in the Oak Park historical building owned by legendary civil rights attorney Douglas Greer. Attorney Greer's legacy and passion for the community lives on through his mentee and long time friend Loretta Hellen, Esq. and her commitment to reopen the doors and provide public service to those who may not have had access in the past.

“**REDEFINING YOU THERAPY**” and “**THE CUTTING EDGE JOURNEY**” are both operated by business owners who are culturally sensitive and hold membership with the National Association of Social Workers and the Sacramento Chapter of Black Social Workers. They are also Certified Anger Management Facilitators who will see court-ordered referrals. “We are so proud to be in the historic Greer building,” says Redefining You Therapy owner Ola Adams-Best.” “These service are in harmony with the vision to revitalize Oak Park”, says Alisa Nelson, owner of The Cutting Edge Journey.

The **Grand Opening** will be in the building that houses the law offices of Greer and Amerson at 3105 1st Avenue on **Saturday, June 2, 1:00 pm – 4:00 pm**. This community open house will feature a tour of the renovated office space, refreshments, balloon artistry and face painting for children.

Redefining You Therapy is a private psychotherapy practice located in 3105 1st Avenue, Suite A, to include counseling services to promote mental health wellness with a specialty in treatment of Post-Traumatic Stress Disorder, Depression, Life Coaching and Anger Management. Redefining You Therapy is contracted with the following managed care networks: Curalinc Healthcare, ACI Specialty Benefits, Health Net, Pacific Foundation for Medical Care, Comp Psych Network and also plans to provide service on a sliding scale and accepts compensation through Victims of Crime. For a full complement of services, visit our website at: www.redefiningyouththerapy.com.

The Cutting Edge Journey, at 3105 1st Avenue, Suite B, provides Consulting and Executive Coaching to women, men and youth. The Cutting Edge Journey will teach Anger Management, Parent Education, Stress Management, Substance Abuse Prevention and Executive Mentoring. Our goal is to embraces the challenges and opportunities to create change in a person's thought process. In the anger management and stress management courses, the participants are taught strategies (e.g., problem-solving skills) that enable them to control personal anger and reduce stress in the face of conflict by exploring life's challenging decisions. For more information, please email: thecuttingedgejourney.3105@gmail.com to schedule an appointment.