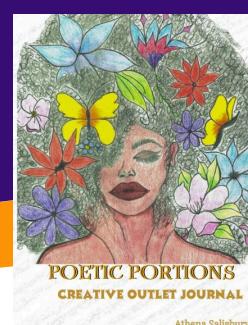
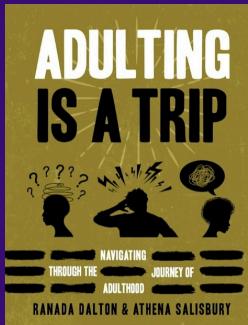
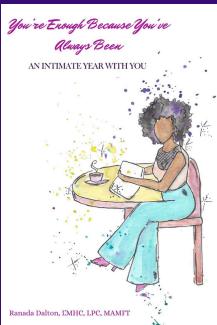
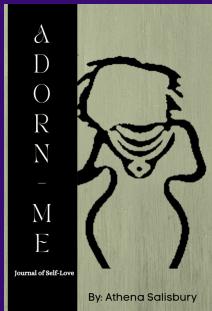




A HOLISTIC APPROACH TO A BETTER YOU



WHO WE ARE

Empowered Living is a mental health therapy practice that specializes in addressing issues related to sexuality, grief and loss, anxiety, depression, and life adjustments. With over 40 years of combined experience, our skilled therapists work with individuals, couples, and families across Indiana, New Jersey, Georgia, and internationally. Our objective is to offer a safe, confidential, and accessible online platform that empowers clients to navigate life's challenges, fostering strength and resilience.

SERVICES/PRODUCTS

- Therapy
- Workshops
- Retreats
- Community Events
- Workbooks
- Journals

Empowered Living operates out of Indianapolis, IN. We prioritize meeting clients where they are and aim to normalize the therapeutic journey by addressing their needs holistically. We achieve this through various services, including counseling (with telehealth options), workshops, group sessions, retreats, and conferences. As an organization, we design and implement community enrichment activities while enhancing partnerships within the community. This approach allows us to broaden our impact and develop innovative processes to support those we serve.

NOTABLE PARTNERS

- Flanner House
- Indianapolis Urban League
- E.G.O. Entertainment Network
- Eastern Star Church
- Martindale Church of Christ
- St. John's Missionary Baptist Church
- Startup Ladies
- Butler University
- VDay.org
- Fay Biccarr Glick neighborhood center



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