



At Healing Arts and Wellness of Jackson, we offer an array of services designed to nurture healing and enhance mental, emotional, and physical well-being. Our holistic approach incorporates a variety of modalities, empowering individuals to embark on a transformative journey toward achieving optimal health and wellness.

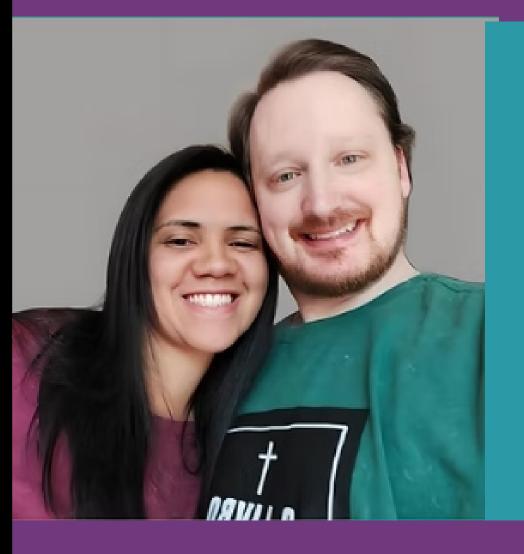
Our range of services encompasses therapy, counseling, and yoga, with an unwavering commitment to expanding our offerings as we continue to grow and evolve.

ANU COUNSELING AND SERVICES LLC You don't have to live with constant suffering. We can help.

We effectively treat PTSD, Trauma, and Grief/Loss, as well as other mental health issues including Anxiety/Panic, Depression, ADHD, Autism, Substance Abuse, and more!







FOREVER AND ALWAYS COUPLES COUNSELING Making Your Relationship Last

Getting married, but haven't had pre-marital counseling yet? Are you facing struggles in your relationship? Is it your second or later marriage and you want to make it work?

This is the right place for you! We can help.

THREE IN ONE YOGA

(Resilience Yoga)
Restoring Mind, Body and Spirit to One Accord.

As a certified 500-hour Yoga Alliance instructor, I specialize in offering 'Resilience Yoga' classes with a trauma-sensitive approach. My sessions are thoughtfully designed to provide a safe, nurturing space where individuals can reconnect with their bodies and minds, fostering healing, build resilience, and overall well-being.

