

Cassandra Ringold-Graham

Cassandra graduated with her Master's in Marriage and Family Therapy in 2012 and also has additional training in sexual exploitation and domestic violence. Cassandra has worked with clients within an elementary and high school setting, diversion youth within the law enforcement setting, at-risk youth, adolescents in custody, hospitals, courts, and conservatorship. As well as couples, families, and individuals. Presenting problems of individuals range from but not limited to depression, anxiety, substance abuse, dually diagnosed, self-esteem, relationship issues, co-parenting, etc... Cassandra has also run groups such as Co-Parenting, WRAP, and Anger Management. Cassandra's goals and objectives are to meet the clients where they are, to improve self-awareness, to change deep-seated patterns, and to have better emotional and social functioning. This will improve their feelings or satisfaction and the overall quality of their lives. Which would help the clients to live happier, healthier, and more productive.