



# Embodied Living Counseling



## New Clinician Availability

*Yarlin Cepeda, MS*

Accepting New Clients  
in Narragansett  
Starting September 10th.



**Bio:** Meet Yarlin, a passionate and empathetic therapist dedicated to guiding individuals on their journey toward mental wellness. Yarlin brings a compassionate and nonjudgmental approach to therapy. Specializing in issues such as trauma, anxiety, depression, adolescent mental health, self-esteem, and family conflicts. Yarlin has extensive experience working with adolescents in community-based programs and hosting parenting groups. With training and experience in trauma-sensitive approaches, Yarlin creates a safe and supportive space for clients to explore their thoughts and emotions. With a deep understanding of how trauma can impact thoughts, feelings, and behaviors, Yarlin guides clients on a journey toward healing and empowerment. Through collaboration and personalized treatment plans, Yarlin will walk alongside you as you navigate life's challenges, discover your inner strength, and create a brighter future. She is open to seeing individuals of all ages and is available in person and via telehealth Monday-Friday 10-6pm.

**Yarlin's Message to Clients:** Hi! I'm so glad you're here. I understand that the decision to seek therapy can be both courageous and intimidating. Whether you are dealing with past traumas, struggling with overwhelming emotions, or simply seeking support, know that you are not alone. Together, we will work collaboratively to explore your strengths, identify coping strategies, and cultivate a sense of empowerment as you move toward healing and growth. Thank you for considering me as a partner on your path to healing.