

You do not have to navigate it alone.

Support for Where You Are. Growth for Where You're Going.

Compassionate therapy for teens and adult women feeling anxious, overwhelmed, or stuck in patterns that no longer serve them.



Suzanne works with clients who are ready to:



Reduce anxiety and overwhelm



Heal from trauma and emotional wounds



Navigate life transitions with confidence



Improve relationships and communication



Reconnect with a stronger, more authentic sense of self

Suzanne Kopecki, AMFT

MARRIAGE & FAMILY THERAPIST ASSOCIATE

Registration 149257

Polyvagal Trauma Therapy Practitioner

Suzanne works with teens and adult women who may feel anxious, overwhelmed, disconnected from themselves, or frustrated by patterns that continue to show up in their lives and relationships. She helps clients better understand what they are experiencing, feel more grounded, and reconnect with a stronger and more authentic sense of self.

Supervised by

Shea Marie Phinney, LMFT 50023



Where Resilience Meets Rhythm

VISIT OUR WEBSITE
cadencetraumawellness.com

CALL OR TEXT
916-514-5314

TAKE THE NEXT STEP
We're here when you're ready.

Real support. Real connection. Real change. *We are in this with you.*