



The MECCA Group, LLC.

Rediscover the joy of life. Live Fully!

Behavioral and Rehabilitative Health Services
for individuals, families and organizations in
the Washington metropolitan area.



Life can be stressful.
Raising kids can be hard.
Losing weight can be difficult.
Bosses can be demanding.
Relationships are complicated.
Parents just don't understand.
School is not fun.

***We get it. You just want to
talk to someone to cope and
rediscover the joy of life.***

The MECCA Group LLC provides client-focused and culturally relevant psychological, therapeutic and rehabilitative health services for individuals, families and schools in the Washington, DC area. From counseling and evaluations, to consultation and program development, The MECCA Group's diverse and multi-ethnic team of professionals can help you live life fully.



About The MECCA Group

Our mission to improve the emotional well-being of children and families by providing client-focused and culturally-relevant psychological, therapeutic and rehabilitative services.

Founded in 2006, The MECCA Group is comprised of a clinically and culturally diverse team of professionals who provide comprehensive psychological,

rehabilitative and educational services for children, adolescents, young adults, and their support systems in the Washington, DC Metropolitan area. Our dedicated team consists of psychologists, social workers, counselors, behavior analysts, speech-language pathologists, occupational therapists, vocational specialists, and special educators. All professional team

members have extensive knowledge and experience in providing evidence-based practices as well as comprehensive holistic care to help all clients reach their highest potential and to *Live Fully*. The partners of The MECCA Group are Mercedes E. Ebanks, PhD and Keisha L. Mack, PhD.



WHAT WE OFFER

At MECCA, our services are vast. We provide counseling services for individuals, couples, adults, children and families, as well as assessment, educational and consulting services for organizations. With a highly personalized approach, we tailor our services to meet your needs and help you reach your goals to live life fully.

FOR CHILDREN

Children have many of the same mental health concerns as adults, including anxiety and depression. Behavioral issues are often a symptom of a larger underlying problem.

We provide services for children and adolescents around a wide range of issues including:

- » Anger management
- » Anxiety
- » Depression
- » Communication difficulties
- » Conflict resolution and bullying
- » Noncompliance and discipline
- » Autism and behavior management
- » Oppositional defiant and conduct disorders
- » Technology abuse
- » Learning disabilities
- » Developmental delays
- » Separation anxiety and parent abandonment
- » School-related stress and anxiety
- » Sexual orientation and identity
- » Social phobia
- » Teenage defiance
- » Trauma, abuse and neglect



FOR ADULTS

No one has it all figured out. From stress and anxiety to relationship concerns and conflict, we offer treatment for everything from life changes to mental health challenges for individuals and couples. We promote wellness and growth at the client's pace.

- » Depression
- » Anxiety
- » Sexual orientation and identity
- » Bipolar disorders
- » Weight loss challenges and eating disorders
- » Post-traumatic stress
- » Obsessive-compulsion
- » Physical and/or sexual abuse
- » Marriage and relationship development

- » Parent-child relationships
- » Co-parenting
- » Career and life coaching
- » Grief and loss
- » Stress management
- » Work life balance
- » Coping with chronic disease
- » Anger management

We provide relief for our clients by addressing these concerns in many ways, including:

- » Therapy
- » Testing and assessment
- » Case management
- » Consultations

Need help? Start with MECCA.

Say “hello” to a better you and learn to live life fully with the help of a professional therapist or counselor at The MECCA Group, LCC.



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Spanish Services Available