



Taysue Morris M.S., LCPC, NCC

Taysue Morris is a first-generation Liberian-American born and raised in Montgomery County Maryland. She is a Licensed Clinical Professional Counselor. She received her Bachelor's degree in Family Science from Towson University and Masters of Science in Clinical Mental Health Counseling from Johns Hopkins University.

Currently, Taysue is pursuing a Ph.D. in Counseling Education and Supervision at The George Washington University.

Services Provided

- Individual Counseling
- Group Counseling
- Couples Counseling
- Family Counseling
- Career Counseling
- Mentorship

Common Challenges Faced by Girls

- Managing stress and anxiety
- Building self-esteem and confidence
- Coping with social challenges or friendships
- Body image and self-acceptance
- Developing healthy coping mechanisms

Benefits of Therapy for Girls

- Therapy helps you manage emotions like a superhero, from stress to anger.
- Build confidence and feel awesome about who you are.
- Develop ninja-like friendship skills for strong connections.
- Face challenges like a boss with healthy coping skills.
- Be the master of your mood and stay positive.
- Express yourself like a rockstar - find your voice!
- Therapists are your supportive coaches for anything on your mind.
- Unlock your full potential and become the best you can be!

ReNEWyou

COUNSELING



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**Growing Strong: Supporting Girls'
Mental Wellness**

RENEWYOUCOUNSELINGLLC.COM

Our School Program

ReNEW You tackles mental health stigma in schools for students of color.

They achieve this by:

- Connecting schools with resources for these students.
- Building trust in both schools and therapy.
- Countering negative cultural attitudes towards therapy.
- Raising awareness of available school mental health services.
- Educating students about mental health to clear up misunderstandings.

The program also offers direct benefits to students, including:

- Increased engagement in school activities.
- Improved behavior.
- Safer and more positive school environment.
- Violence prevention.
- Stronger social-emotional skills and learning.

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LET'S CONNECT

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About the Practice

Feeling overwhelmed, stressed, or stuck? At ReNEW You Therapy, we believe every girl is a superhero in the making!

Our culturally sensitive therapists empower you to manage emotions, build confidence, and develop rockstar communication skills. We'll equip you with ninja-like strategies to tackle challenges and build strong friendships.

Take control of your mood and unlock your full potential. Together, let's ReNEW your coping skills and give you a brand new outlook on life. Schedule a free call today and start your journey to becoming the best version of you!

Our Method

RENEW YOU COUNSELING

encompasses the five R's when providing therapy services.

- ✓ *Refresh* your mindset.
- ✓ *Revive* your skills.
- ✓ *Rebuild* your relationships.
- ✓ *Regain* your power.
- ✓ *Restore* your energy.

Mental Health As a Priority



Empower Your Daughter's Journey: Start the conversation. Learn more about our therapy services at

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Promoting equity and diversity in your school begins with self awareness. Taysue's mission is to provide the language and understanding needed to ask for help with depression, anxiety, and other health challenges directed to one's identity, culture, and intersectionality.

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