

SERVICES (CONT'D)

NUTRITIONAL COUNSELING

We assist you in achieving optimum quality of health through Dr. Rowley's 3-4-4 nutritional method of eating. We stress whole natural foods and nutritional supplements for health maintenance and treatment of disorders. Natural foods include organically grown, as well as those not processed, refined, or stored for any length of time. We assist you in making proper food choices that will influence the physical, mental, and emotional aspects of your body.

MISCARRIAGE SUPPORT GROUP

Women need emotional support and information during and after a miscarriage. At Cayenne Wellness Center's Miscarriage Support Group, women will be able to talk freely about the surge of emotions that are bound to occur. Questions which tend to creep up are ... [blame/guilt] Did I do this? [grief] When will I stop feeling this way? I need to talk someone. How do we say our goodbyes? How come no one around me wants to talk about it?

CAREER COUNSELING

Through a partnership with 'Release Your Potential', we assist you in achieving optimum career goals and financial goals through a proven process of career planning and personalized assessments, which will allow you to love what you do everyday. The career program is customized to fit each client individually. Contact the staff at Release Your Potential directly at 310.480.0784 or via email at: cbocage@releaseyourpotential.net or ask us at Cayenne Wellness Center for a referral.

DR. CAROLYN ROWLEY

Dr. Rowley, founder and executive director of Cayenne Wellness Center, is a clinical psychologist specializing in nutritional therapy (well known for her 3-4-4 nutritional program) and the treatment of depression, anxiety, and pain management. She also began another non-profit organization as a result of her missionary experience to Kenya, East Africa (The Machao Orphanage Foundation - <http://www.machaoorphanage.org>). She is a speaker and advocate on issues of sickle cell disease.

cayenne wellness center &
children's foundation
208 south louise street
glendale, ca 91205
www.cayennewellness.com



cayenne

wellness center and children's foundation

Holistic Psychotherapy

Nutritional Counseling

**Holistic
Psychotherapy**

Career Counseling

Support Groups

MISSION STATEMENT

Cayenne Wellness Center is dedicated to health promotion and disease prevention in children, adolescents, their families and the general population. The mission of Cayenne Wellness Center is to improve the nutritional and mental health of the public. We achieve this mission through education, research, and public awareness initiatives and community outreach programs that promote good nutrition and mental health. We practice the science of helping people make changes in their lifestyle to improve their overall health and quality of life emotionally, physically, and spiritually.



Our office hours:

By appointment only :: Sunday through Friday
Closed Saturday

Contact us:

dr. carolyn rowley • 1+818.377.5120.voicemail

carolyn@cayennewellness.com

www.cayennewellness.com

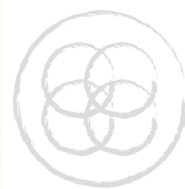
208 south louise street • glendale, ca 91205
(corner of Louise and Harvard)

SERVICES :: HOLISTIC PSYCHOTHERAPY

We offer a range of services to our patients, from support groups and nutritional counseling, to holistic psychotherapy, seminars and lectures. Our facility is calming and healing the moment you step through the door. After your initial evaluation, if we are not able to service you in our facility, we will be happy to refer you to an appropriate professional.

HOLISTIC PSYCHOTHERAPY

We assist you in achieving **optimum mental health** through Dr. Rowley's unique and successful therapeutic approach which incorporates Adler's holistic theory, cognitive therapy and spirituality. We look at the individual's unique, unconscious, and repetitive way of responding to (or avoiding) the main tasks of living. The five aspects of wholeness include : work/school, social (family & friends), love, self-acceptance, and spirituality.



At Cayenne Wellness Center, we assist you in moving your life forward :: in realizing how powerful you are, how loving you are, how special you are, and how capable you are in achieving your dreams. We help you realize the ultimate YOU. We work to help you find greater meaning and purpose in life ... to live pro-actively, based on choices you make rather than reactively based on distortions you hold. That by fully accepting yourself, non-judgmentally in the present, can you be transformed.

Call us if you need someone to talk to, particularly when, what bothers you is affecting your sleep, your eating habits, your job, your relationships ... your everyday life.



Dr. Rowley specializes in the treatment of ...

depression grief & bereavement

anxiety adoption issues

... just feeling empty

chronic pain and medical compliance issues

12 week pre-marital counseling sessions