

NOTES FOR YOUR BEST LIFE

A Newsletter from Best Life Mental Health Services, LLC - Iss. 02



THE JOURNEY OF AN INDIAN THERAPIST

At this time of year we are all trying to navigate family expectations, event invitations, and safety. I think it is helpful to think about this as a consent conversation . . . [read more](#)

BEST LIFE LOUISVILLE TAKES INSURANCE

At Best Life, we know how important it is to make therapy accessible to everyone. Learn more on how Best Life is making therapy more accessible beginning February 1st. . . . [read more](#)

INSURANCE

PANDEMIC GRIEF SUPPORT GROUP

If you have experienced loss of opportunity, a loved one, a job, and/or expectations due to the pandemic and are grieving, we are inviting you to our free Pandemic Grief Support Group . . . [read more](#)

