

— — — — —
**WEDAD OMER,
RESIDENT IN COUNSELING**
— — — — —

**Meet Wedad! She is a Wise Family
Therapist and is passionate about helping
others understand themselves and improve
their well-being.**

**Wedad specializes in working with teens
and young adults dealing with anxiety and
depression.**

**SIGNS A CHILD
NEEDS A COUNSELOR**

- Lower frustration tolerance**
- Decreased academic performance**
- Increased emotional sensitivity**
- Social Difficulties**
- Lying or manipulation**
- Self-Injurious Behavior Negative**
- Self-Image**
- Anger outbursts**
- Destroying property**

Web: www.thewisefamily.com

Phone: 1-844-WISE FAM



WEDAD'S BIO

Wedad is a dedicated Resident in Counseling at The Wise Family, who blends her passions to empower individuals through self-discovery and holistic well-being. An avid advocate for radical self-love, Wedad finds joy in cooking, practicing yoga, painting, and journaling in her spare moments.

Her journey in understanding the human mind began with an undergraduate degree in Psychology from George Mason University, where she delved into research on how teaching methods influence children's academic growth. This academic pursuit fueled her curiosity about the intricate workings of the mind in everyday life.

Building on her academic foundation, Wedad earned a Masters degree in Clinical Mental Health Counseling from George Mason University. She has since dedicated herself to supporting children, teens, and adults as an outpatient counselor, striving to create a nurturing space for personal growth and healing.

As she pursues licensure as a Licensed Professional Counselor in Virginia, Wedad's passion for fostering emotional well-being extends beyond counseling. Her flair for organization extends to hobbies like interior design and event planning, recognizing the profound impact of an organized environment on emotional equilibrium and productivity.

Wedad's commitment lies in helping individuals embrace self-care, guiding them to understand themselves better, and facilitating positive transformations toward a more fulfilling life.