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**WEDAD OMER,
RESIDENT IN COUNSELING**
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**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 Resident in Counseling for The Wise Family. She enjoys cooking and practicing yoga. She loves to paint and journal in her spare time. Wedad is an advocate for radical self-love. She believes it is important to embrace, love, and care for oneself.

Wedad completed her undergraduate degree in Psychology at George Mason University in Fairfax, VA. She enjoys learning about the mind and how it affects everyday life. During her time in undergrad she worked as a research assistant, to study how teaching methods can affect children's academic improvement.

Wedad obtained her Masters degree in Clinical Mental Health Counseling from George Mason University. Since earning her Masters degree, she has worked with children, teens, and adults as an outpatient counselor. Wedad is actively pursuing licensure in Virginia as a Licensed Professional Counselor.

Wedad is an organizational enthusiast! Her hobbies include interior design and event planning. She believes an organized space can improve one's emotional state and increase productivity.