

POINT NORTH Therapeutic Services

www.PointNorthTherapy.com

Tailored one-on-one sessions designed to navigate through your therapy journey. Includes a personalized plan that aligns with your goals.

*All therapists work with clients with anxiety, depression, ADHD, and trauma.



Delilah Montoya, LAC

Specializes in:

- Trauma
- LBGTQ+
- Post-partum and Perinatal Mental Health

Hours: M-F 9am - 5pm

In-Person + Virtual sessions available!

Richard Berg, LMSW

Specializes in:

- LBGTQ+
- Trauma
- Couples
- Children and Teens
- Foster/Adoption



Hours: Lunch time appointments M-F (virtual only)

Evenings on Tues/Thurs (In-Person + Virtual)

Individual Therapy
Couples Therapy
Family Therapy



INSURANCE ACCEPTED:

AETNA

BCBS

CIGNA/EVERNORTH

CASH PAY:

\$175 FOR INTAKE

\$150 PER FOLLOW UP

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