



**Are you, or someone you love, feeling depressed, anxious, bullied, etc.?**

Did you know that taking care of your child's mental/emotional health is just as important to a long, healthy life as taking care of their physical health? Mental health and physical health are closely connected; mental illnesses, such as depression or anxiety, can affect not only the ability to participate in daily healthy behaviors, but can also create problems with physical health.

Your doctor knows the importance of treating both mental health and physical health concerns concurrently. As a result, Maryland Pediatric Group is now proud to offer outpatient counseling services on-site. Your child's doctor and our in-house mental health provider can work together to develop a tailored treatment plan, with the goal of strengthening both your child's physical and mental health, helping them feel better both inside and out.

Cedar Ridge Counseling Centers, LLC has been serving the Baltimore Metro Areas for more than 20 years and we are now pleased to be working directly with your doctors at Maryland Pediatric Group.

Cedar Ridge is a group of seasoned mental health providers who are committed to providing quality mental health services to you and your family. At CRCC you can expect to be treated with dignity, respect, and compassion.

Ask your Doctor today how to be referred to their on-site therapist today!



## JULIE MORTON, LCSW-C

Julie is a LCSW-C (Licensed Certified Social Worker–Clinical). She earned her Master’s Degree in Social Work from the Catholic University of America in Washington, DC in 2009. Prior to that she completed her undergraduate degree as a dual major in Communications and Sociology at the University of Maryland, College Park.

Julie has experience working with children, adolescents, and adults in the outpatient mental health setting, public schools, and therapeutic day schools. Her experience in schools is an asset when partnering with parents and schools staff to meet a child's needs. Julies areas of specialization include anxiety, ADHD, depression, parenting challenges, behavioral concerns, life transitions, and stress management. Her theoretical approach is eclectic and informed primarily by cognitive behavioral and play therapy techniques. She uses practical, adaptive, and individualized approach in order to help each client identify and reach their goals.

Julie aims to create a safe, non-judgmental environment in which compassion and thoughtful challenges help a client achieve positive change. She enjoys helping people discover and capitalize on their strengths so they can lead healthier lives