



# Meet Your School Counselor



**Danna Hamilton,**  
**MS, LMHC**  
Licensed Therapist

## Degrees & Accreditations:

- Master's in Mental Health Counseling
- Licensed Mental Health Counselor (LMHC)

## Specialties:

Some of my focus areas are: Emotion Recognition & Regulation, Improving Focus & Time Management, Managing Anxiety, Managing Depression, Processing Trauma, and Difficult Life Circumstances.

I work with children (3+).

## A Word from Danna:

"If you feel like your life is being consumed or controlled by anxiety, depression, trauma, or another struggle, I want to help you overcome these things. Together, we can help you feel in control of your own life again."



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more about  
Danna.

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