



**Ashley
Sutherland,
LCSW**
Founder and
therapist,
Specializing
in stress &
anxiety
disorders

Whether you are leaving a relationship, religious belief system, coming out, or somewhere in between I am here to help you find a way to navigate this time in your life and honor your relationships. I am passionate about helping my clients come alive and live the life they have always wanted.

My background is in working with stress and anxiety disorders, helping people of all ages to resolve past traumas while living in the present and improving relationships.

At Creative Life Counseling we are committed to supporting you through tough life transitions, from sustaining sobriety to improving relationships.

We are here to help you find the solutions that fit for you. We are located in Sugarhouse near Westminster College and offer confidential counseling services in our private suite with parking adjacent to the building.

We are often able to schedule first time appointments within 24 to 48 hours. We offer flexible scheduling to fit your busy life.

We accept several insurance plans including BCBS, Aetna and SLCO Medicaid. We work with all insurance plans and will bill for out of network benefits.

Please visit our website or give us a call to see if we might be a good fit for you.



CREATIVE LIFE
C O U N S E L I N G

801.657.0897
www.creativelifeslc.com

Lisa Croudy, CMHC

Specializing in
Substance Abuse &
Mental Health Counseling



I want to help you reach your full potential by working together to find a resolution to barriers like sadness, stress, substance misuse and relationship problems. Together we will explore solutions that fit for you so that you can stop worrying and live your ideal life. You may need support with a specific goal or maybe you would like to work together to shift relationship patterns.

I enjoy helping people find new ways to lead a more fulfilling life and create healthier relationships.

I have several years of experience and enjoy working with LGBTQ people and single parents.

Sara White, LCSW

Specializing in
Substance Abuse
and Adolescent
Counseling



Seeking help for addiction is a courageous step that's why I am here to support you on your path to recovery. Together we can work to identify underlying problems driving the addiction such as stress, grief or difficulty with life management skills. We will find creative solutions to address issues contributing to the addiction in order to create lasting recovery.

I am also passionate about working with children, adolescents and their families to create better relationships. I will support you and your child in making sense of the complex emotions that often lead to poor academic performance and disruptive behavior. I enjoy participating in the healing process with families helping them become happy and healthy once again.

Creative Life Counseling

