

FEELING & HEALING



WWW.LIDEMENTIA.ORG

(516)767-6856

WESTBURY, NY

WHAT IS IT?

The LIAD Center is here to help you begin a journey towards coping and restoration in every area of your life. Our experienced licensed clinical social workers provide support sessions via Telehealth and in-person.

HOW CAN IT HELP ME?

Therapy can help you to:

- Build new coping skills
- Create stronger communication skills
- Discover more about yourself
- Increase your overall life satisfaction
- Manage stress and anxiety
- Prioritize commitments and self-care
- Resolve underlying fears or trauma
- Set healthy boundaries

AREAS OF EXPERTISE

- Alzheimer's and Dementia
- Caregiver Anxiety and Depression
- Caregiver Burnout
- Caregiving
- Grief and Bereavement
- Mild Cognitive Impairment (MCI)

INSURANCE COVERAGE

We accept Medicare, Oscar Health, Oxford, Cigna, and United Health Care

INTERESTED?

Contact Jillian Viup, LCSW at (516) 767-6856 or jviup@lidementia.org for consultation.

LIAD Center's One-on-One Counseling Service