

## **Laura Page, LICSW-Concord Community Clinician**

Hello, I'm Laura Page, an outpatient clinician with Eliot Community Human Services, providing therapy to residents of Concord. I have worked in various roles at The Eliot Center for over 25 years and deeply value the relationships I've built within the community.

I work with adults across the lifespan and take a holistic approach to care, recognizing the connection between mental health, physical health, and life circumstances. I have extensive experience supporting adults living with chronic mental health conditions, including depression, anxiety, mood disorders, and psychosis, and I collaborate closely with families and support systems when appropriate. I also work with individuals seeking shorter-term support, including those navigating life transitions such as divorce, grief, chronic health concerns, and caregiving responsibilities.

My approach centers on meeting clients where they are, fostering self-awareness, strengthening coping skills, encouraging self-compassion, and supporting effective stress management. I strive to create a safe, collaborative space where clients feel heard and supported as they recognize their strengths, prioritize self-care, and work toward meaningful, sustainable change.