OUR CLINICIANS & STAFF

Aarti Goswami, MA, M.Ed, LPC,
Managing Director

Peta-gay Chen Ledbetter, PhD,
LPC-Supervisor, NCC
Director of Clinical Services

Sophia Banu, MD
Director of Psychiatric Services

Nizete-Ly Valles, PhD
Child Psychologist

Kenyata Golden
Program Administrator

Kasey L Wolff M. Ed, LPC I
Staff Counselor

We specialize in...

- Depression
- Stress management
- Improving communication skills
- Parenting
- Conflicts between generations
- Acculturative stress
- Domestic abuse-related issues
- Violence in relationships and families
- Sexual Assault

CONTACT US

6440 Hillcroft Ave
Suite 304
Houston, Texas 77081

Wellness Center: (713) 554-1890
Main office: (713) 776-4700

Wellness@TheAllianceTX.org
www.TheAllianceTX.org/wellness-center

Opportunity for all.
WHO WE SERVE
The Alliance Wellness Center supports the emotional care, behavioral health, and mental health needs of all Houston-area residents, including individuals who arrived as refugees and immigrants. Our staff clinicians speak Spanish, Vietnamese, Urdu, Hindi, and Nepali. The Wellness Center partners with the Alliance Language Network to accommodate 80+ other languages as needed, with prior arrangement.

OUR SERVICES

• Individual, couple, family, and group counseling
• Trauma recovery (domestic violence, human trafficking, sexual assault and disaster)
• Psychiatric consultations and medication management
• Child psychology
• Eye Movement Desensitization and Reprocessing (EMDR) Therapy
• Dialectal Behavior Therapy (DBT)
• Assessments and testing

HOURS OF OPERATION
Monday through Friday
9am to 5pm
Saturday (Child Psychologist)
10am to 4pm
Psychiatry on Tuesdays only

By appointment only.
To schedule an appointment please call (713) 554-1890.

PAYMENT
We accept Medicaid, Medicare, Point Comfort (Refugee Medical Assistance), and private insurance. For those that are uninsured, a sliding fee scale is available.