

NEWS RELEASE
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FOR IMMEDIATE RELEASE:

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Ribbon Cutting at My Happy Place Therapy and Wellness Center on Friday, November 20, at 4:00pm

Avon Lake, Ohio: On Friday, November 20, at 4:00pm, there will be a ribbon cutting ceremony at My Happy Place Therapy and Wellness Center, the new business at 156 Lear Road in Avon Lake.

My Happy Place offers individual counseling to young adults, adolescents and children. They accept most insurance plans. "I created My Happy Place to help spread the word that being happy is something everyone deserves and therapy is such an important piece to that," says owner Lindsay Stein, a Licensed Professional Clinical Counselor. My Happy Place is located at 156 Lear Road, right next to Good Neighbor Thrift Shop. "Avon Lake was the ideal location for me to open my practice," says Stein. "With the office being on Lear Rd, just a quick walk to the lake, I knew that all my clients would feel an overwhelming sense of peace and calmness here."

Stein has been working as a therapist for ten years. She started out in community mental health and worked her way over to private practice. Through her work at the agency and private practice, she saw that not everyone has a place to go that makes them feel safe and happy. She created My Happy Place with the intention to give people a space where they can come, enjoy a cup of coffee, talk and just be themselves. "The lotus flower in our logo was always a symbol that spoke to me because just like a beautiful lotus flower that grows from mud," she says, "I believe that everyone has the power to beautifully emerge from the messy mud of life and grow stronger and happier than ever." Stein wants the community to know that she works with young people struggling with the anxieties and stressors of the Coronavirus pandemic. Her timely counseling is helping them to sustain a sense of calm as the crisis continues to impact their youth.

The City of Avon Lake welcomes My Happy Place as a business providing a critical service that strengthens the community. "Young people face so many challenges as they work their way through adolescence and teenage years, and counseling can have enormous benefit for them," says Economic Development Director Ted Esborn. "For some, it is just the access to that help—knowing that it is available—that makes the difference in that young person's life. We are so proud to have My Happy Place in a prominent place on Lear Road, where many will see Lindsay's sign and learn that there is help for children and teens right here in Avon Lake."

