

Who We Are

TFS proudly serves MA & CT Clients. We continuously work to support our community and to provide a safe healing place for all individuals.

Call Us Today for a free 15-Minute Consultation to discuss how we help you.



Tamera Crenshaw, Founder

CONTACT US

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*Providing the Right Tools for Your
Mental Wellness*



www.toolsforsuccesscounseling.com



How We Are Different

Tools for Success Counseling (TFS) is proud to be a Black female owned business.



- 80% of our staff are African American or Hispanic women
- Focused on caring for marginalized groups
- Proudly experienced in and affirming of LGBTQIA+
- Extensive understanding of cultural & religious perspectives
- Actively support our community through outside roles

Services We Offer



TFS Counseling provides professional clinical treatment by a licensed therapist for children, adolescents, and adults on an Individual, Family, or Couples basis.

- Adult & Childhood Trauma
- Anxiety
- **Cultural & Intergenerational Issues**
- Depression
- **Domestic Violence**
- **EDMR**
- Family Systems
- Grief & Loss
- **LGBTQIA+ & Gender Identity**
- Life Transitions
- **Perinatal Mental Health**
- **Racial Trauma**
- Work Related Disability

TFS accepts most insurance plans

Benefits of Therapy

- **Personal Growth** - explore & understand past traumas and experiences
- **Trust & Relatability** - A likeminded therapist (i.e BIPOC therapist) allows for powerful connections & shared understanding
- **Achievement** - Therapy can help you reach personal goals, set new ones, and improve on your general day-to-day tasks

