



Support for Life's Challenges.

Care for Every Stage of Life.

Life can be overwhelming, and you don't have to navigate it alone. At Cadence Trauma & Wellness, we provide a welcoming, supportive environment where individuals, couples, and families can work through difficulties, build on their strengths, and create meaningful, lasting change.

PERSONALIZED CARE

Tailored support for your unique goals and needs.

TRAUMA-INFORMED APPROACH

A safe, compassionate environment for healing and growth.

EVIDENCE-BASED PRACTICES

Effective tools to support emotional well-being and resilience.

LASTING WELLNESS

Practical strategies for a healthier, more fulfilling future.

Real tools for real life.

Whether you're facing a specific challenge or simply want to feel more balanced and connected, we're here to help.

Our Services

We offer a range of therapeutic services to support individuals, couples, and families at every stage of life.

Individual Therapy

Support for anxiety, depression, stress, trauma, grief, relationship challenges, life transitions, and personal growth.

Couples & Relationship Counseling

Strengthen communication, rebuild trust, navigate conflict, and develop healthier, more fulfilling relationships.

Children & Adolescent Therapy

Age-appropriate support to help children and teens navigate emotions, anxiety, behavioral challenges, family changes, and everyday stressors.

Trauma Therapy & Healing

Specialized approaches to help individuals process difficult experiences, regulate their nervous systems, and move forward with greater confidence and emotional balance.

Intensive Therapy Sessions

Extended, focused sessions for individuals who want to dedicate more time to addressing trauma, emotional challenges, or specific therapeutic goals.

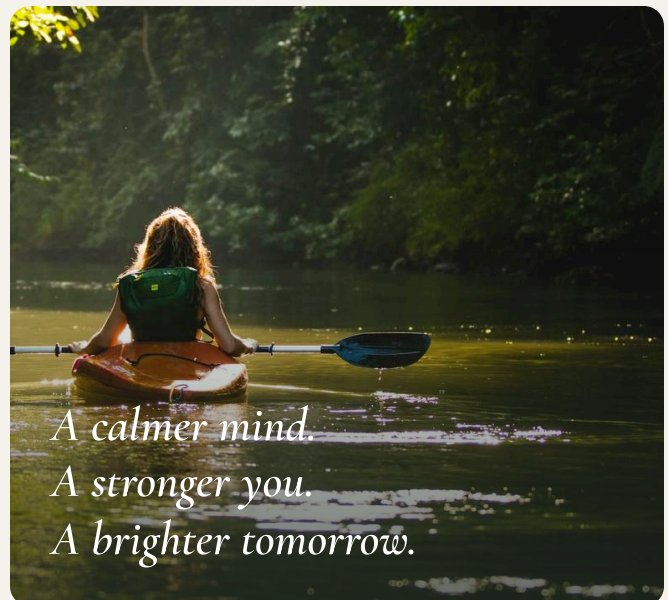
Support Groups & Wellness Programs

Opportunities to build connection, learn practical coping skills, improve emotional regulation, and strengthen resilience in a supportive environment.

Our Approach

We believe healing begins with feeling safe, supported, and understood. Our clinicians combine compassion with practical, evidence-informed approaches to help you:

- Better manage stress and difficult emotions
- Heal from past experiences
- Improve relationships and communication
- Strengthen confidence and self-awareness
- Develop healthy coping skills
- Restore balance and improve overall well-being



CONTACT US TODAY

Contact us today to learn more about our services or schedule an appointment.

☎ (916) 235-0889

🌐 cadencetraumawellness.com

📍 151 North Sunrise Avenue, Suite 1006, Roseville, CA 95661

☎ New referrals (279) 244-5386

✉ info@cadencetraumawellness.com



SCAN TO VISIT

Insurance and private-pay options available. Contact our office to verify coverage and availability.