JUST A DREAM

WELLNESS

Come as you are.

WELLNESS & LIFE TRANSITION COACHING

Kelly Van Raden, MA

MA in Counseling | PPS Credential



A warm space for your next chapter.

Explore the possibilities in a supportive, nonjudgmental environment. Build self-awareness, practice everyday wellness skills and move toward what matters to you.

- Navigate life transitions with compassionate support
- Explore coping tools, mindfulness and personal growth
- Connect through animals, nature and reflection at the ranch

Virtual
From your own space

Pleasanton office
A welcoming place to talk

Livermore ranch
Animals, nature & reflection

Start with a conversation.

(925) 321-2751

kellyvanraden@gmail.com

Call, email or scan to request a consultation.
Kelly will confirm availability, fees and next steps.

SCAN TO EMAIL KELLY

Kelly is not a licensed mental health professional. Wellness coaching is educational and supportive; it is not psychotherapy, diagnosis or medical treatment, and does not replace licensed mental health or medical care.