



OUR MISSION

Empowering **growth** through **empathetic healing**. At **Romain Diaz LLC**, we foster transformation by offering a **safe, personalized, and collaborative** space. Prioritizing **well-being**, embracing **diversity**, and promoting **positive change**.

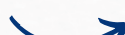


Our Team:

- ✓ Romain Diaz - Psychotherapist, Dance Movement, Clinical Director, Owner
- ✓ Ishara PinkneyLee - Clinical Counselor/Intake Coordinator
- ✓ Tinisha Scott - Clinical Counselor / Family Therapist
- ✓ Victoria Moon - Clinical Counselor
- ✓ Linnea Douglas - Clinical Counselor
- ✓ Nafis Johnson - Clinical Counselor
- ✓ Nichole Brogen - Administrative Assistant

Specialties:

*Individual , Couples, Family, Staff Training and Development, School Support, Group Therapy, Dance Therapy, and **More!***

Want More Info? 

Scan Me!





ACCEPTED PAYMENTS

At **Romain Diaz LLC**, we understand the challenges of trying to find **affordable** Behavioral Health Services. Thus, we strive to ensure that **You** get the **Help, Support,** and **Guidance** that you need at an **Affordable Cost!**



EAP Options

- ✓ ACI
- ✓ AllOne Health
- ✓ Carebridge
- ✓ ComPsy
- ✓ Empathia
- ✓ First Call
- ✓ Health Advocate
- ✓ and MORE!

Accept Insurance

- ✓ Cigna
- ✓ Optum
- ✓ United Healthcare

No Insurance? No Problem!
Cash Options Available!

Contact Us:

- ☎ 215 - 914 - 5797
- ☎ 1-800-507-0875 (FAX)
- 📍 P.O Box 834
Drexel Hill, PA 19026

- ✉ romain@romaindiazllc.org (CEO)
- ✉ admin@romaindiazllc.org (Questions?)



OUR TRAININGS

Romain Diaz LLC: Your Path to Mental Wellness. Discover a range of engaging workshops and trainings designed to empower you with knowledge and strategies for improved mental health. From understanding anxiety to offering parenting support, addressing trauma, and sharing effective coping techniques, we're here to help you on your journey to emotional well-being.



Training Options

- ✓ Clinical Supervision (Individual & Group)
- ✓ Webinars
- ✓ In-person Trainings

Training Examples

- ✓ Stress and Anxiety in the Workplace
- ✓ Financial Literacy and Mental Wellness
- ✓ Burnout

...and many more!

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OUR WORKSHOPS

Romain Diaz LLC: Nurturing Minds, Strengthening Lives. Explore our diverse workshops designed to educate and support you and your team on various topics specifically designed to fit your needs. From enhancing family support to navigating grief and addressing substance abuse, we're here to help provide you with the tools to guide others to brighter and healthier futures!



Our Workshop Topics:

- ✓ Anxiety
- ✓ Anger Management
- ✓ Depression
- ✓ Trauma
- ✓ Substance Use & Recovery
- ✓ Grief
- ✓ Self- Care

...and many more!

Scan the QR code now to receive a comprehensive list of our workshops and trainings.



Scan Me





RESOURCES

Welcome to Romain Diaz LLC's Resource Hub, your go-to destination for a curated list of valuable services to support your holistic well-being. We understand that mental health is deeply interconnected with various aspects of your life. To enhance your journey toward wellness, we've compiled a diverse range of resources covering affordability, budgeting, money management, wellness, nutrition, and more.

Accounting Services

Davita Pray, CPA | **Phone:** 484 - 302 - 8291

Child Care | After School Program

ABC University | **Address :** 318 N 52nd Street, Philadelphia, PA 19139 | **Phone:** 215 - 471-1901

Cleaning and Organizing Services

Norma Hernande | **Phone:** 267- 356 - 3257

Fitness and Nutrition

Classy Girl Fitness | **Site:** <https://www.classygirlfitness.com> | **Phone:** 1- 678 - 813 - 8693

Money Management and Budgeting Assistance

Baddies and Budgets | **Site:** <https://baddiesandbudgets.com/RomainDiazLLC>

More to come...



PARENT SUPPORT GROUPS LIST

If anyone knows a thing or two about the joys AND struggles of parenting, it's the team at RDLLC. Not only are we talented clinicians, but, several of us are parents ourselves of children of various ages. We can empathize not only from a sympathetic standpoint, but we can also empathize because we UNDERSTAND first hand what it's like to raise a little human. And because we understand the challenges, we have made it our mission to offer the below Group Therapy Options tailored fit to remind you that you are NOT alone in this journey.

See some sessions that catch your eye? Scan the QR Code below with the camera on your phone/device and let us know which sessions you'd be interested in attending!

- Empty Nesters: What do I do Now That the Kids Are Gone?
- Caregivers and Parents of a Child with Special Needs
- Family and Parenting Problems : Dealing with Defiance, Disrespect, and Motivation with Children of All Ages
- Reversed Roles: Caring for a Parent
- Managing the Co-Parenting Parenting Relationship
- Life with my Toddler
- Caregivers of Aging Parents of Children with Disabilities
- Oh, Baby: Coping through Pregnancy, Childbirth, and Beyond
- Stress and Anxiety in Parenthood
- Separation / Individuation :: Teenagers Wanting Independence
- Parenting a Child with ADHD

- Foster and Adoptive Parent Support Group
- Support for Parents of LGBTQ Offspring
- Parenting Kids with Trauma and Special Needs
- Single Parent Support Group
- Fostering Healthy Communication with Adolescents
- Parenting and Self-Care
- Parenting 101 : Managing the Boundary Pushers
- Blending Families and Building New Traditions
- Parents of Estranged Adult Children
- Positive Parenting
- Parenting and Coparenting during the Holidays
- Autism Families Support Group
- Postpartum Depression : Mom Support Group

SCAN ME!



OR EMAIL: admin@romaindiazllc.org