Braden Counseling Center Welcomes New Employee Abby Lynch

May 23, 2025

Sycamore, Illinois - May 23, 2025 -
Braden Counseling Center has announced a new addition to its team in Abby Lynch. Lynch is a licensed therapist who specializes in anxiety, depression, ADHD, EMDR, school-related stress, and stress management. With these new options Lynch provides, Braden Counseling Center hopes to provide more flexibility and availability for mental health care, ensuring there are ample options for those who need them, especially for children and adolescents.

The addition of Lynch aims to offer a more comprehensive approach to mental health care, tackling the varied challenges that individuals and families might encounter. Clients have the choice of individual counseling services for personalized support, couples counseling to nurture relationships, or group sessions, allowing them to select the format that best aligns with their personal preferences and schedules. This means therapy sessions are available at convenient times, making it easier for people to get the support they need without interrupting their daily routines.

Brenda Butz from Braden Counseling Center talked about the addition. "We're very excited about adding Abby to our clinic as she has extensive experience working with children and adolescents and is dedicated to

helping her clients overcome their struggles," Butz stated. "Abby adopts a person-centered and collaborative therapeutic approach, tailored to her clients' unique needs and goals. Her aim is to make her clients feel safe, understood, and ready to engage in their healing journey."

The center has put significant effort into training its team on specialty services such as substance abuse treatment and domestic violence counseling to make sure the staff stays updated on the best practices in mental health care. This commitment to professional development is crucial to delivering high-quality care that matches the changing needs of the people they serve. For reviews, location details, and additional contact information, View our Google My Business Listing here.

Braden Counseling Center is committed to enhancing the mental well-being of the community with this expanded, more inclusive care model. By fostering collaboration and increasing awareness about mental health, the organization aims to create a supportive network within the community.

The addition of Abby Lynch represents a significant move forward in the organization's mission to address mental health challenges in a comprehensive way, leading to positive, sustainable impacts on the community. Through improved services such as anger management programs and specialized LGBTQ+ youth counseling, and collaboration at the community level, Braden Counseling Center strives to make lasting, positive changes in the mental health landscape. The focus remains dedicated to creating an environment where individuals can access the support they need to thrive. View our website here for detailed descriptions of services offered, including counseling techniques, staff qualifications, and scheduling options.

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For more information about Braden Counseling Center-Sycamore, contact the company here:Braden Counseling Center-SycamoreBrenda Butz815-787-9000bbutz@bradencenter.com1815 Mediterranean Dr. Sycamore 60178

Braden Counseling Center-Sycamore

We provide quality outpatient behavioral health programs and services. Our practice is committed to assisting others in strengthening relationships, promoting change and building foundations of hope.

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