

Sophia Leno, MS
PhD Student
Counselor Education
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Kansas State University

PRO BONO
COUNSELING

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913-689-8402



To schedule an appointment contact:

sleno@ksu.edu
913-689-8402

Counseling for:

- Anxiety
- Depression
- Life & Family Changes
- Traumatic Experiences
- Educational & Career Development
- Stress Management
- Personal & Emotional Wellness

Pro-Bono Counseling

My services focus on helping you live your best life.

Together, with you leading the way, we will explore new ways of thinking and acting to meet your desired outcome(s) of our time together.

Alexander M. Trout, M.S., NCC
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In-person & virtual services available