



Take your first step towards
a path to a better life.

A Better Life Counseling, LLC.

Cathi Brisart, MSW, LCSW, CCTP
203-915-1268
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A BETTER LIFE COUNSELING, LLC

You are not alone.

Please call to schedule an appointment.

Contact Information

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Cathi Brisart, MSW, LCSW, CCTP

Licensed Therapist

Certified Clinical Trauma Professional

A BETTER LIFE
COUNSELING, LLC.

Photos

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A BETTER LIFE COUNSELING, LLC.

*Helping you find a path to a
better life.*





Cathi Brisart, LCSW

Educated in Connecticut. Received her therapeutic training at Southern Connecticut State University. Graduated with honors (Cum Laude for undergraduate degree and Magna Cum Laude for graduate degree). Member of Beta Rho – the National Honor Society for Social Work. Member of the National Organization of Social Workers (NASW).

Licensed by the state of Connecticut.

Ready to serve and assist you with your struggles.

Providing out-patient therapeutic services:

- Grief and Loss
- Trauma
- Adjustment issues
- Self-esteem
- Relationship issues
- Depression
- Anxiety
- Child and family issues
- Other issues or concerns



You are not alone.

Help is just a phone call away.

Call or email today!

(203) 915-1268

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