

PRIMARY LOGO

A primary logo is the main visual symbol or design that represents a brand or organization. It typically includes distinctive elements such as typography, colors, and imagery that convey the brand's identity and values. The primary logo is used consistently across various platforms and materials, such as websites, business cards, and advertisements, ensuring brand recognition and coherence. It serves as the cornerstone of a brand's visual identity and is often the most recognized element by the audience.



Mindbloom®

“Helping Your Mind Grow”.

SUBMARK

A submark is a secondary logo that complements a brand's primary logo, often presenting a simplified or alternative design using similar colors and typography. Submarks enhance branding flexibility, ensuring a cohesive visual identity across various applications like social media and merchandise, while maintaining brand recognition in contexts where the primary logo may not fit.



COLOR PALETTE

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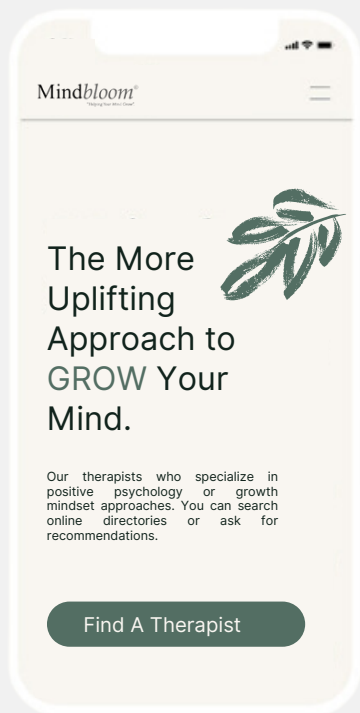
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EVERGREEN

SAGE GREEN

MINT GREEN





Mindbloom®
"Helping Your Mind Grow"

HOME ABOUT SERVICES CONTACT

SCHEDULE AN APPOINTMENT

Compassionate Therapy for those suffering with Anxiety And Trauma

We help you feel calm in your body, peace in your mind, and connected in relationships.



How Mindbloom Can Help :

Whether you are struggling with anxiety in your relationship, anxiety stemming from a past event or trauma, or just tired of feeling revved up and agitated all the time, we can help you feel calm, clear, and in control again



Individual Psychotherapy

I assist adults in managing various challenges in life such as stress, trauma, relationship issues, and transitions.

LEARN MORE



Workshops For Mental Health

I host workshops for organizations and groups covering trauma, mental health, and chronic stress. Allow me to assist you in promoting the well-being of your staff.

LEARN MORE



Therapist Support

I offer clinical supervision and private practice coaching and consultation for NC state licensed psychologists.

LEARN MORE



Everything You Need Know About Depression

Nearly every morning, you find yourself lying in bed after yet another night of restlessness, dreading the idea of getting up. The persistent feelings of worry, sadness, and guilt weigh heavily on you, creating a sense of isolation and loneliness. Intrusive negative thoughts often lead to self-criticism and feelings of inadequacy, intensifying your distress and sorrow.

Fatigue, low energy levels, and unexplained physical discomfort only add to your stress. Perhaps you've withdrawn from social interactions, faced challenges in your relationships, and lost interest in activities you once enjoyed. It all seems like too much to handle, but remember, you are not alone in this.

As a therapist in Orlando specializing in helping individuals cope with trauma and depression, I comprehend how overwhelming it can be to constantly battle feelings of despair and hopelessness.

LEARN MORE



HI, I'M DR. SAMILA

We are here to support you as you begin your journey towards healing...

We can help you create an individualized toolkit for managing your life's stressors so that you can let go of anxiety and feel in control again. During our weekly sessions, we walk hand in hand with you to heal the wounded past, so you can put it behind you, for good.