



Michael Kaszkur

RSW

Registered Social Worker

Michael Kaszkur is a registered social worker with the College of Social Workers and Social Service Workers (CSWSSW). He specializes in utilizing a range of evidence-based treatment modalities, including Solution-Focused Brief Therapy (SFBT), Cognitive Behavioral Therapy (CBT), Dialectical Behavioral Therapy (DBT), Mindfulness, Motivational Interviewing, and traditional talk therapy. Michael is passionate about providing support to individuals who are navigating a variety of personal challenges.

Throughout his career, Michael has had the privilege of supporting individuals and families through a wide range of concerns. He has helped individuals address issues connected to anxiety, depression, addiction, anger management, family conflict, stress, grief, and many more. He is passionate about providing the necessary tools and support to help individuals navigate these concerns, fostering resilience and promoting healing.

Michael uses a client-centered approach, working collaboratively with clients to identify wellness goals that are meaningful and achievable. Together, they build a deeper understanding of the issues at hand, develop effective coping strategies, and work toward achieving emotional relief. Michael is dedicated to helping clients gain clarity and insight into their challenges while also identifying concrete next steps to move forward and improve their overall well-being.

