



Psychological &
Academic Solutions

Psychological – Academic – Neuropsychological – Health – Consultation

NANCY M. HERNANDEZ, LSSP
Licensed Specialist in School Psychology

11104 W. Airport Blvd., Suite 135
Stafford, TX 77477
832.328.0008
lifetrek@msn.com
www.lifetreksolutions.com

Academic Services for Youth & Adults

Nancy Hernandez, MS, LSSP, has over five years of training and experience providing assessment and therapy services to individuals through high school age range. She has a lifetime of experience providing Spanish services to schools and communities. Areas of service offered by Ms. Hernandez include:

Assessment

- Personality/Psychological
- Psycho-educational/ADHD
- Bilingual Psychological/Psycho-educational
- Learning Styles

Counseling

- Individual Therapy - School Based (Bilingual available)
Areas of interest include:
 - Depression
 - Anxiety
 - Weight Management
 - Stress Management
 - Anger Management
 - Self-Esteem Issues
 - Group Therapy
 - School Based Groups (anger management, self-esteem, social skills)

Translations

- Documents, presentations, and meetings
- Spanish presentations available for parents, teachers, and community

Ms. Hernandez looks forward to exploring how LifeTrek can help individuals achieve their optimal well-being! Call **832-328-0008** to contact Nancy Hernandez or to schedule an initial evaluation.