

Colin Mandigo *(he, him, his)*

Therapist

My name is Colin Mandigo, and I am a therapist with a Master of Social Work degree from Western Michigan University. Prior to that I received my bachelor's degree in Psychology and Criminal Justice at Grand Valley State University. My passion is helping people to heal and enjoy a higher quality of life.

If we're really being honest with ourselves, we all struggle. I believe there is a daily battle going on in all of our minds with our thoughts and feelings. They lead to us doing what we don't want to do in an effort to find relief. The list of things we turn to goes on and on, but it might be drugs or alcohol, perfectionism, workaholism, codependence, or excessively seeking assurance. We use these band aids that close the wounds on the surface but do nothing for the wounds on the inside. It's exhausting and often feels like there is no end in sight. The good news is that there is an answer; a way for the prominent theme in your life to be that of an overcomer. I'm here to not only help you fight the battle, but to come out victorious

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