



Kimberly Agresta, MSW, LCSW is co-founder of Women's Wellness. She earned her Master's degree in Clinical Social Work at New York University. Kimberly interned at the Division of Family Guidance in Hackensack, New Jersey. There she worked with children of all ages and their families providing therapy and needed resources. She also interned at The Center for Marital and Family Therapy in New York City where she continued her work with children and families as well as individuals and couples.

Kimberly has worked in the mental health profession in various capacities for over 14 years. Her specialties include anxiety disorders, relationship counseling, women's issues and family and group therapy. Additionally, Kimberly has experience in developing and conducting workshops for couples, new mothers and individuals. During her years in private practice Kimberly became increasingly interested in women's issues and the way in which they impact the entire family system as well as the woman, herself. Kimberly's work and focus on women's issues encompass everything from self-esteem, body image, self-mutilating behaviors, and eating disorders to fertility and reproductive issues, postpartum depression, and issues specific to elderly women.

Kimberly strives to provide psychotherapy and counseling services according to the highest standards of professional performance in a climate of respect for the individual. She has been working in private practice for the past ten years and has offices in both New York and New Jersey.

Kimberly is a member of the National Association of Social Workers in New York and New Jersey. She is on the Postpartum Depression Task Force in New Jersey and is a member of Postpartum Resources of New York, Postpartum Support International and Women United in Philanthropy.