



**Ashley Foster, LMHC-P** obtained her master's degree in Clinical Mental Health Counseling from St. Bonaventure University. She has worked with people experiencing anxiety, depression, trauma, disordered eating, grief, and loss. Ashley uses a cognitive behavioral, dialectical behavioral, and solution-focused approach to meet individual needs. She also has experience with play and art therapy. Ashley enjoys working with all ages, and creates a safe environment to achieve goals with her clients.



**Endeavor Health Services** is a private, not for profit licensed behavioral health organization and NYS Certified Community Behavioral Health Clinic (CCBHC) that delivers a comprehensive range of outpatient treatment services, as well as community-based services. Our mission is to collaborate with clients, families, and communities to promote wellness and recovery, through a variety of mental health and substance use treatment, education, and support services.

Endeavor was established in 1972 to deliver mental health and substance use treatment, recovery, and support services to the catchment area of East Buffalo to Alden. We have expanded past our original catchment area to include bordering neighborhoods and counties to provide needed services. We are a safety net provider and we do not deny services based on a person's inability to pay.