

Brochure Content for Focus 1, LLC

Front Panel (Cover)

Focus 1, LLC


Restoring Hope. Rewriting Stories.


April L. Graham, LPC

Licensed Professional Counselor

Specializing in Trauma, Family Systems, and Addiction Recovery

 Serving clients in New Jersey (In-person & Telehealth)

 (201) 241-0091

 grahamap140@gmail.com

 <https://www.psychologytoday.com/profile/884256>

Inside Panel 1: About the Practice

About Focus 1, LLC

At Focus 1, LLC, we believe healing begins when you are seen, heard, and empowered. Our practice provides a safe, nonjudgmental space for individuals and groups to explore their stories, build resilience, and find solutions that move them forward.

Led by April L. Graham, LPC, Focus 1, LLC was founded to support individuals and families navigating trauma, addiction, grief, and emotional pain. Whether you are overcoming personal loss, struggling with relationships, or simply ready for change — we are here to help you refocus, rebuild, and heal.

Inside Panel 2: Services

Our Services

- ◆ Individual Therapy
- ◆ Group Therapy
- ◆ Faith-based Counseling (optional, upon request)
- ◆ Marriage and Couples Support
- ◆ Grief & Loss Support
- ◆ Substance Use & Co-occurring Disorders

- ◆ Family & Relationship Counseling
- ◆ Life Transitions & Self-Esteem
- ◆ Psycho-Educational

Telehealth available across New Jersey

Inside Panel 3: Our Approach

Therapeutic Approach

We use an integrative, client-centered model to help you reach your goals:

- ✓ **Narrative Therapy** – You are not your trauma. Together, we help you rewrite your story.
 - ✓ **Person-Centered Therapy** – Rooted in empathy, trust, and acceptance.
 - ✓ **Solution-Focused Therapy** – Forward-looking strategies when the past is too painful to revisit.
 - ✓ **CBT & Mindfulness** – Practical tools to manage stress, emotions, and behaviors.
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Back Panel: About the Therapist


Meet Your Therapist – April L. Graham, LPC


April is a Licensed Professional Counselor over 25 years of experience working with diverse populations. She holds a Master's in Counseling with a specialization in Family and Marriage Therapy and is currently pursuing a Doctorate in Ministry. Having overcome personal loss and hardship, she brings both clinical expertise and deep empathy to her work.

"I know what it means to rebuild. My life's work is helping others do the same."

Contact Us

 Focus 1, LLC – Private Practice (NJ)

 (201) 241-0091

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 <https://www.psychologytoday.com/us/therapists/april-l-graham-maplewood-nj/884256>

 Schedule your session today! | Telehealth & In-person