



ABOUT THE FOUNDER

BILLY MERCEDES, LPC, C.H.T, MA

Licensed Professional Counselor • Certified Hypnotherapist
Best Selling Author • NoPain Creator • Purpose Coach

Hello everyone, my name is Billy Mercedes I'm a mental health therapist at Bergen County New Jersey. I utilize cognitive-behavioral therapy, dialectical behavioral therapy, and hypnotherapy to help all of my clients alleviate unwanted mental health challenges. These mental health challenges I call mental pain and have created my Mantra to help people live a lifestyle that's happier, healthier, and more appealing. My Mantra is No Limits, No Mask, No Pain.

When I say No Limit I mean living a lifestyle where you're breaking barriers and limitations placed on you from a young age. When I say live with No Mask I mean live by being your true self. By being our true selves you will be one step closer to reaching your Highest Potential and living your best life. When we hide behind a mask we are pretending and this causes a lot of anxiety and depression because we're constantly faking. When I say live with No Pain I mean living a lifestyle where you're constantly working towards your Highest Potential.

Things like exercising, meditating, talk therapy and spending quality time with your family all help to alleviate and unwanted stress.

I enjoy traveling. I enjoy spending time with my family and I enjoyed posting content on social media that may help you become motivated to lose weight, motivated to go to therapy, or motivated to improve and learn more by yourself which is essential to living a better lifestyle.

My goal is to educate, teach, and help as many people as I can actualize who they really are and live their best life by working towards their Highest Potential.

I want everyone to understand that we are all on the same team. We all want to be happy and we all want to be successful. Hard work is part of that dedication and sometimes we will go through ups and downs but we have to understand that these ups and downs are there to teach us lessons to get us closer and closer to our true goal and the things that we really want.

When a negative situation occurs it's important to remember that these negative circumstances are happening for us and not to us. They are there to teach us a lesson that will help us get to the next level in our lives and our growth. Once you start to see a negative situation as working for you, you can break away from the control that it has over you.

I want to help people realize that they can continue to learn and progress By talking about all the things that are bothering them deep down inside of their minds. I often call these the deep dark secrets that we sometimes are scared to share with other people because we are scared of what they may think of us. And therapy allowed and encouraged to share all of these thoughts in a non-judgmental atmosphere and this will begin the stages of developing a happier and healthier lifestyle.



ABOUT THE AGENCY

MERCEDES & FAMILY, LLC

Mercedes and Family was founded in 2015 in Bergen County, NJ, with the aim of providing an innovative approach to wellness in the community. An evidence-based, holistic, systemized approach that promotes authenticity, integrity, and the ability to live life at one's highest level. Mercedes and Family's mission is to instill the No Limit lifestyle at an early age and to encourage the development of healthy, well-rounded, and highly-functioning adults.

The goal of our services is to empower our clients to be self-sufficient, self-aware, and self-reliant as they tackle life's challenges. In addition to cognitive-behavioral therapy, dialectical behavioral therapy, and hypnotherapy, we also provide in-the-field services such as tutoring, chess, swimming, boxing, and more. The primary goal of all of our services is to provide our clients with proven methods that will allow them to live to their fullest potential in life.

#NoLimitNoPain

ABOUT THE PROGRAM

NO PAIN PROGRAM

Founded and created by Billy Mercedes, NoPain Wellness and Counseling is an innovative program for K-12 students. Our outpatient mental health services are designed to assist children and adolescents in breaking down barriers and reaching their full potential. Clients are matched with a multidisciplinary team of therapists, tutors, coaches, and other professionals. The program currently includes one-on-one mental health therapy, as well as multi-subject tutoring, swimming lessons, boxing fitness sessions, chess lessons, and a variety of other activities.

This program is designed to address mental health challenges, build self-esteem, enhance self-confidence, and provide clients with the tools necessary to maintain a healthy, enriching lifestyle. In order to help individuals achieve their highest potential, we follow this approach.





IN-HOME MENTAL HEALTH THERAPY PROGRAM

STUDENT THERAPY

A child's mental health plays a crucial role in their healthy development. We provide mental health therapy by highly-trained clinicians (LCSW, LSW, LAC, LPC) licensed by the State of New Jersey. Designed for students in grades K-12, our program is delivered in one-hour sessions at home. Bilingual therapists are available.

There are a number of challenges we address in our program, including anger challenges, depression, anxiety, drug use, oppositional behavior, sexuality questioning, transgender and gay issues, PTSD, phobias, and more.

PARENT THERAPY

Understanding that mental health hygiene begins at home, we've developed a supplemental service to assist parents with their own unique set of challenges.

We aim to provide parents with parenting tips and strategies to help them improve their communication and expression with their children. We also aim to provide parents a resource address any personal health challenges they may be experiencing.

Program Type

INDIVIDUAL

Availability

7 DAYS A WEEK

Behavior Assistance:
To help the child improve social, academic, and behavioral skills based on therapeutic approaches to mental health.



AFTER-SCHOOL FITNESS AND BOXING PROGRAM

One of the many ways to ensure your child becomes a well-rounded individual is to instill an active lifestyle. Back by science, physical fitness is one of nature's natural mood enhancers.

Our fitness and boxing program provides your child the opportunity the ability to lean into an active lifestyle all while learning proper techniques, instilling discipline, learning how to manage emotions, express themselves, and developing great sportsmanship skills.

This program is tailored to students in K-12. It is available Monday through Friday. Sessions are organized by separate groups where students are matched in their age appropriate categories.

Availability

MONDAY-FRIDAY

Our program is for All Mercedes & Family youth. Exercise and boxing are at Different Breed Sports Academy. First session is for youth ages 8-12 years old 4pm-5pm. 13 + are 5pm-6pm. Our Families can choose which day works best for them. Any day once a week Monday to Friday. Go to the front desk to sign in. Inform the front desk staff that you are Part of the Mercedes Program or No Pain Program. Coach Joe or Coach Don are the direct contact if assistance is needed. You may also call Billy Mercedes at 201-375-7305.

@differentbreedsports differentbreedsportsacademy.com
Address: 401 Water Street. Teaneck NJ, 07666