



CURRENTLY ACCEPTING NEW CLIENTS!

We have welcomed new therapists!

**OFFERING CHILD/ADOLESCENT THERAPY,
COUPLES AND FAMILY COUNSELING,
AND ADULT INDIVIDUAL COUNSELING**

- *Hours by Appointment* • *Works with many insurance companies*
- *Flexible Scheduling* • *Accepts private pay clients*

Introducing our new therapist: **Dylan Costello, MA**

Dylan is a master's-level counselor with over two years of experience providing outpatient care to individuals navigating substance use disorders and co-occurring mental health challenges. He is skilled in Cognitive Behavioral Therapy (CBT), Acceptance and Commitment Therapy (ACT), and Motivational Interviewing, tailoring his approach to meet each client's unique needs and goals. His work often focuses on supporting clients through anxiety, depression, and life transitions, while fostering emotional clarity and personal autonomy. Dylan earned his Master's degree in Clinical Mental Health Counseling in 2025 and his Bachelor's degree in Psychology in 2023. Prior to entering the mental health field, he served in the United States Marine Corps, where he cultivated resilience, leadership, and a deep appreciation for camaraderie. He also spent time working in retail, food service, and warehousing. These experiences shaped his respect for grit, hard work, and the diverse paths people take in life. Outside of counseling, Dylan enjoys spending time with his family and children. His hobbies include outdoor activities, golf, exercise, reading, gaming, and relaxing with a good TV show. He brings a grounded, empathetic presence to his work and strives to create a space where clients feel heard, supported, and empowered to grow.



Dylan Costello, MA

Introducing our new therapist: **Allison Strelecki, LSW**

Life can be hard and full of pain but I am here to create space for you to explore your heart, mind, and life. Here you can talk freely about what is holding you back. You do not have to handle navigating challenges alone. I understand and focus on the fact that everyone has unique needs, goals, and ways of being. I am passionate about providing space where you are the expert of your own life. I graduated from Marywood University in 2024 with a Master's degree in Social Work. During my education I had the privilege of working in alternative schooling and with the unhoused. To support myself financially through school, I worked in group homes for the intellectually disabled. Once I became licensed I worked in rape crisis and was a victim advocate. All of this has helped me to gain a lot of insight and empathy on sexuality, women, and stigmatized issues. Together we can discuss what is going on in your body and mind. I have experience working on mindfulness and coping skills with a variety of mental health including depression, anxiety, queer issues, trauma, and PTSD. Together we can go deeper and examine what is heaviest on your heart in a safe environment. Life is complex, busy, and can be filled with trauma. But, our time together is yours. Overall, I believe that therapy should be fun and creative! All are welcome to speak their truth and take a deep breath. In my spare time I enjoy cooking, hanging out with my cat, crocheting, hiking, yoga, connecting with loved ones, and practicing Buddhism.



Allison Strelecki, LSW

COUNSELING FOR:

- life transitions
- relationship issues
- anxiety and depression
- and other mental health needs

Reach Out Today!

NEW LOCATION!

706 Bloom Road, DANVILLE

connectionsrelationaltherapy.com

