



# CURRENTLY ACCEPTING NEW CLIENTS!

**We have welcomed a new therapist!**

**OFFERING 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

### 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](http://connectionsrelationaltherapy.com)**

