

Our INFORMATION

Referrals & Availability

Self-referrals, as well as, referrals from mental health and medical providers are accepted. Please check our website for our provider's current availability to accept new clients.

Insurance & Payment

Various forms of insurance and self-payment are accepted. A list of our in-network insurance companies can also be found on our website. Discounts for essential services are available based on financial need.



Mental Health For The Modern World

Contact Us

- 📞 712-340-7323
- 📠 712-560-9088
- ✉️ hello@moxienova.com
- 🌐 www.moxienova.com
- 📍 PO Box 308
1820 Central Ave
Estherville, IA 51334



SCAN HERE

In the event of a mental health crisis contact:
**The National Suicide & Crisis
Lifeline - Call, Chat or Text 988**



PROFESSIONAL Providers



Moxie Nova SERVICES

Let's Discover Your
Truest Strengths
Together

As experienced clinicians, our driving purpose is to be alongside our clients; empowering them as they move forward towards new beginnings in their lives.



Amanda J. Olson

MS, LMHC, NCC
Owner & CEO
Mental Health Therapist
In-Person - Estherville, IA
Telehealth



Madison Wagner

LMHC, LPC, NCC, RYT 200
Mental Health Therapist
Registered Yoga Instructor
Telehealth



Murphy

CTD
Certified Therapy Dog
In-Person - Estherville, IA

At Moxie Nova, we're all about fresh starts, renewed confidence, and, of course, newfound courage! Our objective is to encourage everyone to be authentic, no matter what obstacles they may face. We enable our clients to unleash their inner strength and tackle life's challenges with determination and resilience. So, get ready to face your doubts and insecurities head-on, and together let's conquer those mountains!

We offer a range of mental health service options to assist youth (8 years and older), adults, couples, and families with psychological and behavioral issues. Also, to fit the modern lifestyle, telehealth therapy services are offered. It's requested that clients be 12 years and older to participate in telehealth services.

THERAPY SERVICES ARE FOR THOSE NAVIGATING

- Anxiety
- ADHD
- Depression
- Identity Concerns
- Sexuality
- Eating Issues
- Self-Esteem
- Trauma & Abuse
- Family Dynamics
- Empowerment
- Relationship Issues
- Low Self-Esteem
- Life Stressors/Transitions
- Spirituality
- Stress Management

HOW ARE WE DIFFERENT

Meet Moxie Nova - the therapy game changers! We believe that no two people are the same, so why should therapy be one-size-fits-all? Our providers blend the best of both worlds, using innovative and traditional techniques to tailor-make a treatment plan that's all about YOU! The Moxie Nova approach is like a warm hug, making you feel right at home in a safe and inclusive space. It's time to put YOU at the center of your healing!

