

Monica R Cwynar, MSW, LCSW: Champion for Mental Health in Pennsylvania

Licensed clinical social worker delivers compassionate, client-centered care to individuals and families.



New York City, New York Jul 8, 2025 ([Issuewire.com](https://www.issuewire.com)) - Find a Top Doc and Best in Pennsylvania is pleased to welcome Monica R. Cwynar, MSW, LCSW, to our roster of professionals. Monica is a dedicated licensed clinical social worker and therapist committed to delivering empathetic, strengths-based support to individuals and families throughout the state of Pennsylvania. With a strong focus on mental health advocacy and holistic care, Monica empowers clients to navigate life's challenges and build resilience in various aspects of their lives.

Monica holds a Master's in Social Work, a Bachelor's in Social Work, and a Bachelor's degree in Communications. She is licensed in the Commonwealth of Pennsylvania and specializes in trauma, anxiety, depression, grief counseling, life transitions, and family therapy. Her caseload ranges from children to adults aged 6 to 80, reflecting her ability to connect with individuals from all races and sexual orientations. Through her culturally responsive approach, she ensures that every client feels heard, validated, and supported on their healing journey.

Monica works for several respected organizations, including Thriveworks in Pittsburgh, TRAC Family Services, Grow, Cerebral, and Nurturing Hearts in Erie, PA. As a partner in the CHEC (Cultural Humility Equity Collaborative), she conducts training sessions and fosters a commitment to cultural humility within the community and businesses. Thanks to her Thriveworks team, Monica has been quoted in several articles, including HuffPost and Newsweek, to name a few, providing valuable insights through op-eds and features, as well as on the radio. Additionally, she has served as an adjunct professor at Penn West and Carlow Universities, contributing to the education of future mental health professionals. She also hosts a podcast called "Minutes with Mon," where she discusses various mental health topics and shares insights to promote well-being.

Despite her busy schedule, Monica still finds time to train at Wright's Gym, focusing on boxing and weight training with top trainers Francis Braza and Rick Cygnarowicz, who are regarded as some of the best in Pennsylvania.

Known for her warm, nonjudgmental presence and skilled communication, Monica focuses on connecting clients with essential resources related to their mental health needs.

As she looks to the future, Monica plans to expand telehealth and in-person therapy options and lead workshops on self-care, parenting, and stress management. Her initiatives aim to foster personal growth and resilience in her clients, exemplifying her commitment to delivering equitable, accessible, and transformative social support throughout Pennsylvania.

Learn More about Monica Cwynar:

Through her findatopdoc profile, <https://www.findatopdoc.com/doctor/83829422-Monica-Cwynar-Social-Worker>, or through Monica.cwynar@thriveworks.com

About FindaTopDoc.com

FindaTopDoc is a digital health information company that helps connect patients with local physicians and specialists who accept your insurance. Our goal is to help guide you on your journey towards optimal health by providing you with the know-how to make informed decisions for you and your family.

Media Contact

Your Health Contact

*****@yourhealthcontact.com

Source : Monica Cwynar

[See on IssueWire](#)