



family
RESOURCES

Individual and Family Counseling

Available to children and teens ages 6-17

**FREE
COUNSELING
SERVICES**

Our counseling program provides a safe environment for youth to develop skills and strategies to navigate life's stresses, challenges and transitions. We work to strengthen families, improve communication and empower youth for success.

- Manage stress/anxiety
- Grief and loss
- Families in crisis
- Anger issues
- Regulate emotions
- Make good decisions
- Set goals
- Effectively communicate
- Resolve conflict

Contact us:

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