

# MAINESTAY

## YOUTH & FAMILY SERVICES

*MaineStay offers affordable strength-based counseling for children, adolescents, adults, couples, and families both in person and via telehealth. Our family therapists have experience working with many common family and life-transition concerns.*



### Our Services:

- ✓ Family Counseling
- ✓ Individual Counseling
- ✓ Groups
- ✓ Youth Programs

### Why Choose Us

For nearly 50 years, we have been serving the mental health needs of our community. All our programs are offered for low-cost or free because we believe a lack of financial resources should not be a barrier to accessing mental health services.

***Our counseling services are available to those who live or attend school in Maine Township.***

### Contact Us:

- ☎ 847-297-2510
- 🌐 [mainetown.com/mainestay](http://mainetown.com/mainestay)
- 📍 1700 Ballard Road, Park Ridge, IL