

Overwhelmed? Anxious? Depressed? WE CAN HELP!

The CEC offers free Individual Counseling to children, adolescents and adults who have experienced victimization including domestic violence. Please call one of our Trained Licensed Therapists for a free assessment. Our therapy team is here to provide a confidential and compassionate environment for healing.

Counseling at the Sharon Washburn Center in North Richland Hills

- Counseling for Victims of Crime
- Counseling for Children, Adolescents, Adults
- Play Therapy for children 4 and up
- Family Counseling
- Group Counseling, if applicable
- Services offered in English and Spanish

Areas of specialty

- Trauma Informed Care
- Anxiety
- Bullying
- Self-Harming Behaviors
- Sexual Abuse/Assault
- Self-Esteem Issues
- Relationship Issues
- Family Violence
- Depression
- Suicidal Ideations
- Parenting
- Physical Abuse/Assault
- Stress Management
- Play Therapy
- Experiential Therapy

Contact:

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Our therapy dog, Ringo!

*If you or someone you know is considering suicide,
please contact the Suicide Prevention Hotline 800-273-TALK (8255) or dial 911.*



cec
PEOPLE EMPOWERED

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