

FAMILYFIRSTSOLUTIONS

SUPPORTING YOUR WELL-BEING

We're Here to Listen

COUNSELING



COUPLES

Help for couples to strengthen their emotional connection at any stage. We offer flexible online and in-person sessions with convenient scheduling to suit your needs.



FAMILY

Counseling aimed at improving communication and resolving conflicts within the family. Our services help strengthen connections, love, and intimacy.



INDIVIDUAL

Individual counseling provides personalized support and growth, addressing issues like anxiety, depression, PTSD, ADHD, grief, and life transitions.

SPECIALTIES



SCHOOL-BASED

Support to help students manage social and emotional needs.



TUTORING

Elementary, middle school and high school students.



GROUP

Children, adolescents and parent support groups.



ART

Support groups for children, adolescents and parents.



SUBSTANCE USE

Groups for prevention, intervention and recovery maintenance.



SCHOOL-BASED SERVICES OR SUBSTANCE USE TREATMENT GROUPS

Contact Carrie at cjancar@scsmustangs.org.