

YOU DON'T HAVE TO FIGURE IT OUT ALONE. Counseling can help.



- **Your child doesn't need a diagnosis to benefit from counseling.** Sometimes kids and teens simply need support managing stress, emotions, friendships, school pressure, family changes, or everyday challenges.
- **Counseling can help your child build coping skills.** The coping skills children learn now can help them navigate conflict, decision-making, and overwhelming emotions in healthier ways throughout their lives.
- **Supporting your child's mental health can strengthen the whole family.** When children learn healthier coping skills, families can experience better communication and more peace at home.
- **Everyday conversations can lead to meaningful growth.** Counseling is not only for crisis moments. Talking through normal life challenges can help children develop resilience, self-awareness, and emotional wellbeing.



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- Adjustment
- Parenting/Family Conflict
- Play Therapy
- Dialectical Behavioral Therapy (DBT)
- Cognitive Behavioral Therapy (CBT)
- LGBTQI+ Concerns



REQUEST AN
APPOINTMENT
today!

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