

## You are not alone.

203 S. Washington Ave | Suite 310 Saginaw, MI 48607 989-793-4790

## **COUNSELING SERVICES**

Individualized counseling for ages three and up.
Our compassionate team assists individuals,
families, couples, and groups, promoting recovery,
well-being, and quality of life. Expert clinicians
address concerns such as depression, anxiety,
trauma, and behavioral challenges.

## CHILDREN'S CASE MANAGEMENT

Dedicated support for children and families facing emotional and behavioral challenges. Tailored assistance fosters healing and growth. Our expert counselors provide tools for overcoming obstacles, promoting a strong foundation for the future. We connect with schools and community resources to enhance well-being.

## SCHOOL-BASED MENTAL HEALTH

Collaborative program for Saginaw Public School District. Vital mental health services within schools for holistic support. Licensed therapists offer individual, family, and group sessions. Available in multiple schools. Referrals, caregiver engagement, and student empowerment options ensure accessibility and well-being.

