

Mindful Direction Counseling Services, Inc.

can help with your journey.
Choices are made in the moment
according to your road map. The
challenge is to unfold it, to know its
influence in your adventure.



Our Services Include:

- Individual, Family, & Group Counseling
- Mental Wellness
- Drug and Alcohol Counseling
- Domestic Violence
- Service Coordination
- Practicum Supervision
- Pregnancy and Postpartum Emotional Issues
- Outpatient Services
- School Based Services

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Offering a roadmap for emotional Stability

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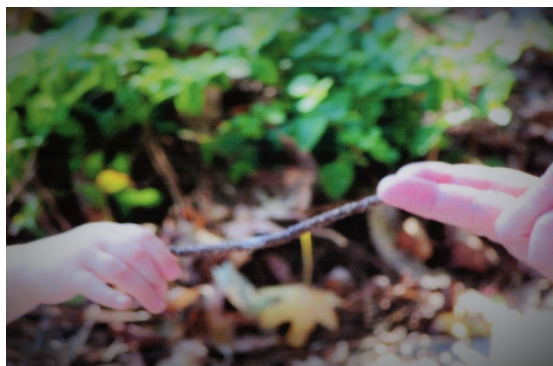
How We Help?

We are able to assist clients through therapy and counseling in our office, in their home, in their school, or in the community. Our mobility allows us to meet our clients in the best possible environment for them.

There are circumstances when a client requires more help than just therapy. We can provide a Service Coordinator who will consult and provide the client with information about community resources such as housing, occupational and/or speech therapy, education, personal and or social skills, and mental health assessment.

What We Do Best?

We offer experienced, caring clinicians and service coordinators that can make a difference in the lives of the people we serve.



Who are our clients?

We help anyone— from early childhood through adolescence, and into adulthood and senior years— who is looking for direction in their personal life. The direction needed may be coping with a life trauma, grief, or loss; family issues including relationships, parenting children, managing teenage behaviors, or coping with issues of aging; or lifestyle issues including abuse, or addiction. Being intentional about solving problems is a one step at a time process. It is a *MINDFUL DIRECTION*.



If you want to gain a better ability to cope with a relationship problem, understand your individual road map, your personal goals and values, or achieve a greater understanding of how to move forward with a life issue, give us a call.

Recovery housing provided in partnership with:

Women In Circle, Inc.

Website:
www.WomenInCircle.net