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A DIVISION OF..



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THE PROCESS OF CHANGE

CHANGE DOESN'T HAPPEN OVERNIGHT. BUT, HOW DO YOU KNOW IF YOU ARE MOVING IN THE RIGHT DIRECTION?

THE THERAPISTS AT FAMILY CONCERN COUNSELING WORK HARD TO PROVIDE A SAFE, CONFIDENTIAL, AND RESPECTFUL ENVIRONMENT FOR CLIENTS TO DISCUSS AND WORK THROUGH THEIR CHALLENGES AND FEELINGS. WE REALIZE THAT NO PROBLEM OR PAIN IS TRIVIAL AND UNDERSTAND THAT EVERYONE STRUGGLES WITH PROCESS OF CHANGE FROM TIME TO TIME.

OUR THERAPISTS WORK FROM A HOLISTIC MODEL AND PROVIDE CLIENTS WITH TOOLS TO DEVELOP THEIR EMOTIONAL, SOCIAL, RELATIONAL, SPIRITUAL, AND PHYSICAL WELLBEING.

THE FIRST STEP TO A BETTER LIFE IS OFTEN MOST DIFFICULT. CALL TODAY!

FAMILY CONCERN COUNSELING PROVIDES SERVICES TO ADULTS, COUPLES, YOUTH AND THEIR FAMILIES TO SUPPORT CHANGES AND GROWTH FOR MENTAL, EMOTIONAL AND SPIRITUAL HEALTH.



AREAS OF FOCUS

- *RELATIONSHIP ISSUES*
- *DEPRESSION*
- *STRESS, ANXIETY & TRAUMA*
- *GRIEF & LOSS*
- *PARENT SUPPORT & EDUCATION*
- *OUT-OF-CONTROL, STRONG-WILLED CHILDREN OR ADOLESCENTS*
- *CHILD, ADOLESCENT BEHAVIORAL & SCHOOL RELATED ISSUES*
- *ANGER CONTROL & RESOLUTION*
- *FOSTER & ADOPTIVE ISSUES*
- *SPIRITUAL CONCERNS*
- *PREMARITAL & MARRIAGE*
- *6 SYMBIS TRAINED FACILITATORS*
- *PLAY THERAPY*

FOLLOW US

YFCCV@CVYOUTH.ORG - WWW.CVYOUTH.ORG

 **YOUTH FOR CHRIST CENTRAL VALLEY**

 **@YFC_CV**

WORKSHOPS & SEMINARS

- *TRAUMA BASED THERAPY*
- *UNDERSTANDING SELF HARM*
- *DEPRESSION & SUICIDE*
- *PARENTING DIFFICULT BEHAVIOR*
- *CONFLICT RESOLUTION & MANAGEMENT SKILL*

WE WELCOME EVERYONE

FAMILY CONCERN COUNSELING IS COMMITTED TO PROVIDING PROFESSIONAL AND ETHICAL COUNSELING SERVICES. OUR COUNSELORS ARE AVAILABLE MONDAY THROUGH FRIDAY, INCLUDING SOME EVENINGS.

FEES

WE CHARGE \$100 PER 50 MINUTE SESSION. HOWEVER, A VARIETY OF PAYMENT ALTERNATIVES ARE AVAILABLE, INCLUDING A SLIDING FEE SCALE. ALTERNATIVES MAY BE DISCUSSED BY CALLING OUR OFFICE. FEES VARY FOR GROUPS AND PREVENTION PROGRAMS.