



Better is possible.



FamilyMeans  
COUNSELING & THERAPY



# FamilyMeans

**COUNSELING & THERAPY**

FamilyMeans Counseling & Therapy Programs have been providing care to individuals, families and couples for many years. Our clinicians are highly trained and experienced in their areas of expertise and truly enjoy helping people through the struggles they bring to counseling. Clinicians provide a safe and open environment to make changes within areas of concern.

FamilyMeans Counseling & Therapy Programs are located in St. Paul, at our Center for Grief & Loss, our outpatient clinic in Stillwater, MN and our outpatient clinic in Hudson, WI.

## **Individual Counseling**

Individual counseling provides an opportunity to work one-on-one with a clinician for guidance and support to resolve an issue, recover from an upsetting experience, explore thoughts and feelings, examine beliefs and work toward making healthy changes.



*“At first I felt everything was out of my control,  
but now I know better ways to cope  
with how I am feeling”.*

*- Individual Counseling & Therapy Client*

## Family Counseling

Family counseling brings together members of a family to work through situational or relationship issues. Concerns may include: changes in family relationships, conflict, health issues, addiction, trauma or others. Clinicians will help the family recognize their patterns, build on strengths and develop alternatives, providing all family members a voice in the process.

## Couples Counseling

Couples counseling is an opportunity to better understand and work through past or current issues that have a negative impact on a relationship. It is an investment for the long-term, providing couples the skills and strategies they need to manage life together in a healthy way.

## Marriage Counseling

For married couples, many facing their own unique relationship needs, marriage counseling may be an option. Our licensed clinicians can help couples assess the marital relationship and work to improve communication skills, mend their marriage, and explore new skills for a healthy relationship.

## School-Based Outpatient Counseling

We provide school-based mental health services in the following school districts: Stillwater 834, Mahtomedi 832, North St. Paul/Maplewood/Oakdale 622, Hudson, New Richmond and Prescott.

FamilyMeans provides outpatient counseling services in school buildings for students and their families in the form of individual, family, and group counseling. We offer support through a wide variety of issues such as anxiety, depression, ADHD, trauma, and much more.

## To Learn More or Make an Appointment

Call (651) 439-4840 or visit [familymeans.org](http://familymeans.org)

# Support is here.

At FamilyMeans, our work is life's challenges. We listen without judgement, offer encouragement and believe in you even when you might not. You can count on FamilyMeans.

FamilyMeans is accredited by the Council on Accreditation. Services are available to all persons without bias to age, gender, race, national origin, disability, religious affiliation or sexual orientation. If a reasonable accommodation for a disability is needed, FamilyMeans will make every effort to accommodate with advance notice.



## FamilyMeans

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[familymeans.org](http://familymeans.org) | 651-439-4840

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