ARE YOU STUCK IN A RUT?

Services are now available at no cost to you. Scan the below QR code with your phone camera and choose a provider that's right for you. Contact the provider directly to schedule an appointment.

What services are available:

Contact providers for more info

- Trauma-informed group therapy
- Individual counseling
- Mindfulness & meditation
- Wellness education
- Yoga
- EMDR and other services coming soon



RESOURCES ARE AVAILABLE!

Scan to find a provider