

# seasons



CENTER FOR BEHAVIORAL HEALTH

## OUTPATIENT COUNSELING AND THERAPY SERVICES

Seasons provides outpatient therapy services to adults, couples, children, and families. Through these services, individuals are provided a safe, therapeutic space to process their thoughts, feelings and behaviors while gaining skills for healthy coping. Therapy sessions can focus on an array of individual concerns which may include:

- Coping with the symptoms of mental health disorders such as anxiety or depression
- Building self-esteem and self-efficacy
- Gaining insight into relationships and promoting skills such as conflict resolution and communication
- Dealing with strong emotions such as anger and gaining skills that promote self-regulation
- Coping with traumatic or life-altering events
- Supporting in making difficult or confusing decisions

Through a therapeutic partnership, our clinicians and clients create a plan that best meets the individual's needs while highlighting their existing strengths and assets.

[www.seasonscenter.org](http://www.seasonscenter.org)