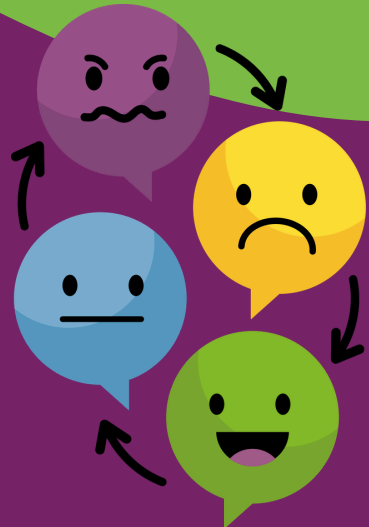


Anxiety, depression, and emotional struggles don't wait until adulthood - they can start early. But with the right support, kids can thrive.

- Talk and learn about feelings.
- Listen without judgment.
- Reach out for help when needed.



**mental health
isn't just for
adults...
it starts in
childhood**



📍 120 E. 5th Street | Spencer, IA 51301
☎ 800-242-5101
🌐 www.seasonscenter.org

24/7 Talk & Crisis Line:
844-345-4569

**where youth
mental health
matters!**



Our team provides comprehensive treatment for children & youth in an environment that promotes **HOPE, HEALING, and BRIGHT FUTURES.**

Counseling & Therapy Services

- Improve emotional well-being and resilience
- Learn healthy ways to cope with stress, anxiety, depression, and trauma
- Build confidence, self-esteem, and problem-solving skills
- Strengthen relationships with family and peers
- Develop strategies to manage emotions, impulse control, and behaviors



Psychiatric Services

- Comprehensive mental health evaluations
- Medication management tailored to each child's needs
- Ongoing monitoring to ensure treatment is effective
- Collaborative care with therapists and families
- Support for improved focus, mood, and daily functioning

Crisis Services

- 24/7 crisis response for urgent mental health needs
- Safety planning and stabilization
- Compassionate support during emotional or behavioral crises
- Connection to ongoing care and community resources
- Help families navigate difficult situations with confidence

Family Peer Support

- Connects with professionals who have lived experience
- Teaches practical strategies for supporting children
- Reduces feelings of isolation and overwhelm
- Builds confidence in navigating behavioral health services
- Finds encouragement, hope, and community

Case Management

- Coordinates care between providers, schools, and community resources
- Connects families with helpful programs and supports
- Assists with navigating complex systems and services
- Develops individualized care plans
- Ensures children and families receive the right support at the right time



Every child deserves the opportunity to grow, heal, and thrive—and every family deserves support along the way. We provide compassionate, trauma-informed care tailored to each child's unique needs while partnering with families throughout the journey. With a full range of behavioral health services in one place, our team makes it easier to access coordinated care that helps children build resilience, strengthen relationships, and create a healthier, more hopeful future.

