

The services offered at Growing Seed Life Enrichment Center includes individual, group, and family counseling for children, adolescents, and adults.

***Our services are in place to assist in dealing with the following concerns:***

- Making Friends
- Divorce Adjustment
- Responsibility
- Oppositional Defiance
- Low Self-Esteem
- Postpartum Depression
- Communication Styles
- Post Traumatic Stress (PTSD)
- Physical/Sexual Abuse
  
- Decision Making
- Grief Management
- Goal Setting
- Anger Management
- Dissociative Disorder
- Self Concept
  
- At-Risk Teens (Pregnant, Parenting, Truancy, Sexually Acting Out, Drugs/Alcohol

***Individual sessions*** are designed to meet your specific needs and concerns. They may be changed and/or altered as needed, unlike the parameters set for group counseling.

***Couples, Marriage & Family counseling*** is available for those who may have forgotten why they fell in love or got married. This setting may also be ideal for the couples who may need to work on their communication skills, adjust to a new addition to the family, or deal with the issues of trust and/or betrayal. While some couples may prefer the intimacy of one-on-one sessions, some may benefit from a group setting environment.

**Group Settings** include both therapeutic, educational, and or support group settings. Our groups offers supportive structures and accepting environments. The groups are comprised only of those individuals with a willingness to share their experiences and respect the confidentiality of others.

### ***Our specialized Services Include:***

- Group Presentations
- Experiential Team Building
- Foster Parent Training
- In-Home Counseling (with 3-5 clients)
- Psychosocial Assessments

### ***Intervention Methods:***

- Rational Emotive Behavior Therapy
- Cognitive-Behavioral Therapy
- Solution Focused Therapy
- Play Therapy