



## ABOUT US

Family Counseling Service improves the quality of life for people of West Alabama by providing accessible, expert counseling services and state-of-the-art programs that promote mental, emotional and social well-being. In striving to help everyone reach their full potential, Family Counseling Service offers services aimed to help families, parents, individuals and adolescents. We all face adversity, whether it's through life-altering changes or problems that arise in day-to-day life. Family Counseling Service is committed to assisting everyone in finding the right solutions to their challenges.

## KEY FACTS

After receiving counseling from Family Counseling Service:

- 91% of parents saw improved relationships with their teens
- 71% of adolescents were able to better express their thoughts and feelings in a positive way
- 81% of clients witnessed a positive impact on their lives

United Way Agency of the Year Award for 2014-2015

## CONTACT US



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



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# WHAT WE DO

## COUNSELING SERVICES

Family Counseling Service has counselors ready to assist you in finding the right solutions for the challenges in your life. They include, but are not limited to, the following. For families, we offer services revolving around marriage/couples, elderly issues, premarital counseling, divorce adjustment, communication, blended family issues and crisis management. For parents, we can offer assistance with general parenting issues as well as childhood loss and grief, school issues, conduct problems, childhood anxiety, effects of divorce and mood disturbances. For individuals, we can help in the management of anxiety, emotional conflict, depression, stress management, grief and anger.

## ADOLESCENT SERVICES

In addition to general counseling services for adolescents, Family Counseling Service offers specialized programs for children and teens that target their specific needs, help them improve their ability to think and problem-solve in healthy ways, teach them to better manage their thoughts and feelings, and help them begin to think about the long-term results of the choices they make. These include Positive Directions, a program that offers counseling to school students and/or their families in circumstances where the student is experiencing academic problems due to a personal crisis at home; DOVE, a program aimed at helping teens learn positive problem-solving skills and equip them with alternatives to resorting to aggression with others; and CHOICES, a program for teens with property offenses who need to identify the thoughts, beliefs and attitudes which led up to their decisions and equip them to make better choices in the future.

## ADULT SERVICES

Family Counseling Service offers a variety of intervention programs aimed at helping adults make changes in their personal behavior and develop new ways of managing their emotions that are more positive and enriching. These programs include Building Bridges, a four-hour seminar for divorced or separated parents; specialized intervention programs for Domestic Violence and Anger Management; as well as POINT, a life skills program.

## TESTIMONIAL

I learned to take control of my thinking about myself and circumstances around me. Now I feel much more satisfied with my outlook on life and the way I handle situations.

Tammy