

Adult & Child is in your Neighborhood!

In partnership with Esperanza Ministries, Catholic Charities, and BACI



We can help you manage:

- Stress
- Anger
- Fear
- Feeling overwhelmed by day-to-day responsibilities
- Negative thoughts
- Thoughts of self-others harm
- Experiences of seeing or hearing things others might not
- Many other concerns that are unique to you

We can also help you improve:

- Relationship skills
- Life satisfaction
- Relationship with family & friends
- Your overall life goal