



A Community of Solutions

## Need support to help you get through a tough time?

**Meet with one of our experienced therapists to discover your own strengths to make better decisions.**

Family Services' [professional, caring therapists](#) provide confidential counseling for children, adolescents and adults, and individuals, couples and families.

### Availability

Our counseling team is available to help you:

- Mondays, Tuesdays and Wednesdays, 8:30 a.m. to 5:30 p.m.
- Thursdays, 8:30 a.m. to 7:00 p.m.
- Fridays, 8:30 a.m. to 1:00 p.m.

### Fees

We accept Medicaid, many private insurance plans, and offer services on a sliding fee scale to individuals and families who live or work in Forsyth County. Fees range from \$11 to \$120, based on household income and size of your family.

### Relationship Issues

- Family or couple distress and conflict
- Building harmony in blended families
- The transition of separation and divorce for adults and children
- Personal adjustment and relationship issues for children, teens or adults

### Personal Adjustment Issues

- Stress, anxiety and depression
- Anger management
- Caregiver issues

- Grief and loss adjustment



## **Child Trauma Issues**

- Assault recovery
- Abuse recovery
- Support and intervention with parents

## **Crime Victimization Issues**

- Trauma counseling and support

## **Workplace Issues**

- Employees and their families
- Workplace violence – debriefing and post-trauma

## **Call for an Appointment**

*Call Family Services at 336.722.8173 and ask to speak with our Intake Specialist.*

Not sure whether counseling services are for you?