



2320 East Hwy 12, Suite 2, Willmar, MN 56201 (320)214-9692

# **Brief Counseling Services**

## ***Maintaining Mental Health in Challenging Times***

### ***We all desire a state of mental wellbeing.***

Difficult times can challenge our mental health. When the challenges persist, mental health can suffer and at times, mental health disorders may even develop. The Covid-19 pandemic is proving to be an incredibly persistent and difficult challenge!

### ***Greater Minnesota Family Services***

is offering **Brief Counseling Services** to address the current challenges to our Mental Health in a time limited framework. These services are available to individuals of all ages and their families.

### ***As a way to be of assistance***

during the Covid-19 pandemic we are able to offer services without cost to recipients through the end of August. Services are provided over 4 sessions that include an initial session for assessment to determine your primary concerns followed by the development of an action plan. The next 2 sessions will follow the action plan and make any changes as needed. The fourth session will be used to summarize and determine the effectiveness of services, providing recommendations for the coming days.

### ***Our brief counseling services***

are provided by CTSS approved Counselors, Licensed Therapists and masters level Licensure Candidates. We have over 100 skilled clinicians in a range of areas of expertise that are available to provide brief counseling through much of Minnesota through telehealth or in a community setting using appropriate precautions for the health and safety of all.

### ***Call 320-214-9692 ext. 4167***

for more information or to schedule an appointment. Insurance is also accepted; our counselors can discuss options available.