

## About Our Provider



### Giana Migliore, M.A., RMHCI

Giana is excited to join The FOUNDATION as a Mental Health Counselor. She earned her master's degree in Counselor Education from the University of Central Florida and previously co-facilitated The FOUNDATION's iCan! Excel groups during her practicum, an experience that deeply influenced her collaborative, creative, and strengths-based approach to counseling.

When Giana's not in the office, she enjoys spending time with her dog and fiancé, soaking up the sun at the beach, thrifting for unique finds, and creating art purely for joy. She believes creativity, connection, and a little laughter can be powerful tools in the healing process.

## Learn More

**Giana Migliore, M.A., RMHCI**

Mental Health Counselor

(407) 494-5658

[giana.migliore@dsfflorida.org](mailto:giana.migliore@dsfflorida.org)

### Downtown Office:

427 N Magnolia Ave

Orlando, FL

32801

### Hours:

Monday & Thursday

12:00PM to 8:00PM



Access our Mental Health Counseling Registration Form [here!](#)

Down Syndrome  
**FOUNDATION**  
OF FLORIDA

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## Mental Health & Wellness Program

Sponsored by:  
**ORLANDO**  
HEALTH®



When **POTENTIAL** is given **OPPORTUNITY**  
the outcome is **SUCCESS!**

# Our Services

We provide counseling services to address a variety of mental health and wellness topics including:

Depression	Anxiety
Stress	Life transitions
Relationship issues	Self-esteem
Social skills	Self-advocacy
Anger management	Crisis intervention
... and more.	

# What We Offer

## Individual Counseling

We offer one-on-one counseling sessions for members of all ages. Individual sessions incorporate traditional talk therapy methods, as well as techniques from art therapy, play therapy, and music therapy. Sessions are completely confidential and offer a safe space to process emotions and enhance mental wellness.

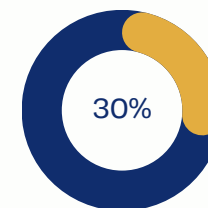
## Group Counseling

We offer group counseling for our members and their families. We currently provide a 6-week Moms' Mental Health & Wellness Support Group, with rotating topics such as Identity in Motherhood, Self-Care, and Coping Skills. For members, we provide Emotion Regulation focusing on healthy emotional expression and Self-Esteem groups to build our members confidence.

## Program for the Education & Enrichment of Relational Skills (PEERS)

Developed by UCLA, PEERS is a Young Adult Social Skills Group. The PEERS program is tailored to address the unique challenges faced by young adults, including navigating the complexities of social interactions both online and offline. By participating in PEERS, your loved one will have the opportunity to develop and strengthen their social skills in a structured and supportive setting.

# Down Syndrome & Mental Health: The Facts



Approximately 30% of individuals with Down syndrome are diagnosed with a mental health disorder. Due to lack of access and limited availability of mental health services for our population, the true number is considered to be much higher.



At least half of all children and adults with Down syndrome will face a major mental health concern during their life.



1 in 10 individuals with Down syndrome are diagnosed with Depression and Anxiety.



Individuals with Down syndrome are more likely to develop mental health conditions due to the biochemical differences in their brains.

