About Our Provider

Margarita Manon

Margarita is excited to join The FOUNDATION as a Mental Health Counselor and Registered Marriage & Family Therapy Intern. She holds a Master of Arts in Marriage, Couples, and Family Therapy from UCF and brings experience working with students in Exceptional Student Education (ESE) classrooms, as well as leading community-based programs. Margarita is dedicated to empowering individuals with Down syndrome and their families by providing compassionate, family-centered mental health support.

Learn More

Margarita Manon
Mental Health Counselor, Intern
(689)-244-6629
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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

Down Syndrome FOUNDATION OF FLORIDA

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.

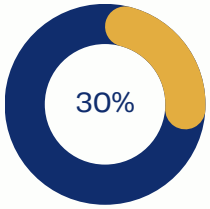
Group Counseling

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.