

# CWEE COUNSELING

CWEE offers free individual, family, and couples therapy for current and former CWEE participants. Our mental health therapists provide client-led trauma informed therapy and are ready to work with you to support your healing and your growth.

**Individual Therapy** is for individuals who are seeking support on managing life stressors, healing from past trauma, exploring patterns in their lives, learning about regulating emotions and building coping skills, and more.

**Family Therapy** is for families (parent(s) and children) who are hoping to improve communication, resolve conflicts, talk through life changes, and create supportive relationships with one another.

**Couples Therapy** is for couples in a romantic and/or co-parenting relationship who are seeking to learn from each other, improve communication, resolve conflicts, build intimacy, and more. It is important that all partners feel safe and are open to engaging in counseling.

If you are interested in getting started, you can scan the QR code and fill out a counseling request form at any time. You can also contact any staff member at CWEE and request a referral, or click here:

<https://bit.ly/4o1Xau4>

Then a member of our Wellness Team will reach to talk with you more about counseling at CWEE, or help you get connected to counseling services in the community:



SCAN HERE

# NO COST THERAPY

is available for current and former CWEE participants and their families at any time.

Scan the QR code below or [click here](#) to talk with a member of our wellness team to find out more.



SCAN HERE

**cwee**