

Counseling Services

Why am I angry all the time?

Is it normal to fight with my parents so much?

I hate my body, my skin, and my looks.
Why is everyone so much better looking than I am?

Why is school so hard for me?

I feel like no one understands me. Not my friends, not my parents, not my teachers.



Don't know where to begin?

just call
**JFCS**
952-546-0616

Counseling.

Highly skilled, licensed and confidential, compassionate care

Teens face emotions, experiences and challenges unique to this time of life. JFCS counselors are expertly trained and can help teens better navigate these years. We provide care for people of all ages, and all backgrounds. You don't have to be Jewish to receive services. Our counselors are thoughtfully matched to best meet your needs and identify goals and solutions to help your family thrive. **Here for all. Always.**