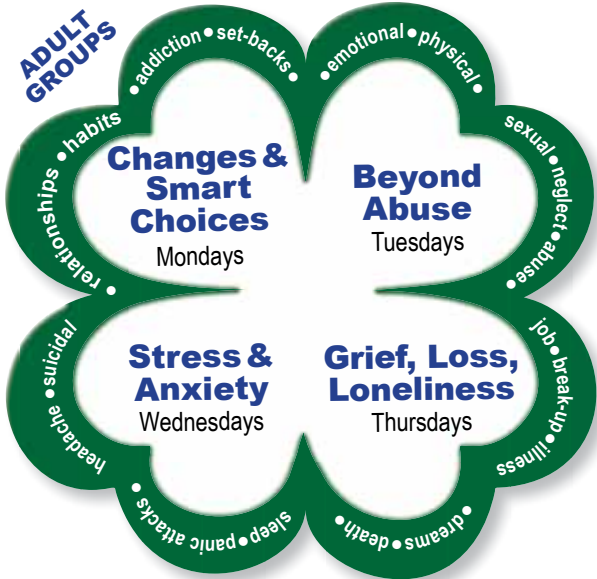




Creating "A Village" of Support
Learn * Share * Grow

YOU ARE NOT ALONE

Affordable, Innovative, Interactive
PROGRAMS



Program Info

- Learn up-to-date information on your chosen topic
- Multiple methods (tools) to handle emotions
- Practice communication and relaxation techniques
- Share your needs and ideas with others in similar situations
- **All programs 6-weeks – 90 minutes, limited 10 people**
– Programs repeat every 7 weeks. Call or check the web for starting dates.

Times:

1:00 – 2:30 pm or
6:30 – 8:00 pm

Cost:

\$180 for 6 weeks*

Location:

2031 E. Calumet St, Appleton
(In Scanlon Jewelry Building)

Register on-line or call

www.avillage4u.org
920-809-6766



* No refunds if you are absent from a session.

INDIVIDUAL COUNSELING



CHECK-UP FROM THE NECK UP

Simplified Mental Health Assessment

What's going on in there -- and how is it affecting your life?

Are you in control of all those pieces or do you need some help organizing and understanding them?

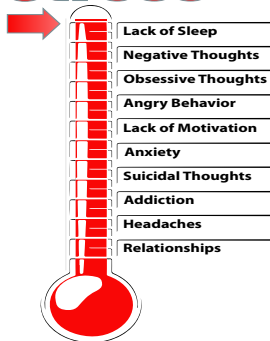
Personal Assessment

- Participate in a series of questions with an experienced counselor
- Determine where your areas of need may be
- Ideas to help lead you in a positive direction

Cost:
\$45 per hour

For an Appointment:
Call 920-809-6766

Stress



Mental Health Care is as Important as Physical Health Care

For more information, or to schedule an appointment, visit our website or call our office. Conveniently located across from Appleton East High School

www.avillage4u.org
920-809-6766
2031 E Calumet St
Appleton WI 54915
teresa@avillage4u.org

"A Village" LLC Programs and Individual Counseling sessions are not billed through insurance and will not affect other counseling you may be receiving.