



## SOME BENEFITS OF COUNSELING CAN BE

- Increased peace
- Increased understanding of own self-worth
- Increased ability to set appropriate boundaries
- Greater confidence
- Better relationships
- Awareness / Insight
- Ability to manage stress
- Increased inter-relatedness and intimacy
- Reduced fear and/or anxiety
- Decrease in depressive symptoms
- Resolution of trauma or grief
- Reduced / processed anger
- Ability to assertively express needs and wants
- Desire to pursue goals
- Increased hope for the future

## COLLABORATION

Working with your family according to your needs, strengths and goals.

## SIGNS A CHILD MAY BENEFIT FROM COUNSELING

- Appearing sad, shy, withdrawn, disengaged, fatigued or worried
- Lack of compliance and/or aggression with authority
- Trouble at school
- Aggression with peers
- Difficulty making or keeping friends
- Disruptive behaviors
- Neighborhood or community violence or disaster
- Parenting concerns
- Home issues or transitions
- Grief and Loss



FCCS is a California LMFT Corporation owned and directed by Melinda Haynes, MA, LMFT lic no 102308

## QUALITY SUPPORT

A therapist is trained to join you in your healing journey, challenge your faulty thinking, and help you discover hidden strengths.



## SERVICES

- Trauma Recovery
- Children's Counseling
- School-Based Interventions
- Family Therapy
- Reunification Therapy



## Family & Children's Counseling Services

Success in therapy is largely based on a good fit between you and your therapist. If you would like someone to work collaboratively with you on finding solutions related to emotional upset, triggers and difficult behaviors with your child or children, please call.

Please visit online or call for more information.



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