COUNSELING SERVICES





SERVICES ARE AVAILABLE FOR:

- Individual, Couples, Family and Group
- Children, Adolescents, and Adults
- Personal Stress, Depression, Mood Disorders and Anxiety
- Anger Management
- Alcohol and Drug Abuse and Addictive Behaviors
- Parenting
- Prevention
- Trauma/PTSD
- And more

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- Do you feel overwhelmed by stress?
- Are you worried, anxious, irritable, sad or depressed?
- Do you feel like your life, school or job is unsatisfying?
- Do you feel like your marriage or relationship could be in trouble?
- Do you wish you and your partner could communicate better?
- Are you concerned about your child's behavior or academic performance?
- Would you like to learn better parenting skills?
- Are you experiencing grief from loss?
- Would you like to feel better about yourself and achieve emotional well-being?

If you answered yes to any of the questions above, we are able to help. Call us to set up an appointment.

We offer both in-person and TeleHealth appointments.





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Mondays - Thursdays: 8:30am - 8:00pm Fridays: 8:30am - 12:00pm

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