



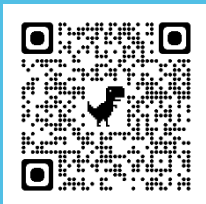
OUR MISSION

To hold brave spaces and walk alongside people as they move through their life struggles and challenges to emerge stronger, wiser, and kind. Providing integrated mental health and wellness to children, adults, and families with a foundation of welcoming all people.

OUR VISION

Inclusive, compassionate, transformative wellness of mind, body, and spirit

MEET OUR STAFF



Scan with a smartphone camera to read about our staff instantly!



BRAVE SPACES Counseling & Wellness

CLINICAL THERAPY

Our therapists specialize in multiple approaches to mental health including but not limited to:

- Trauma Focused - Cognitive Behavioral Therapy (TF-CBT)
- Cognitive Behavioral Therapy (CBT)
- Circle of Security (attachment-based therapy)
- Child-Centered Play Therapy
- Internal Family Systems (IFS)
- Foster Care, Adoption, Blended Families
- Sexuality and Gender Identity
- Mindfulness
- Neuro-sequential Model of Therapeutics (NMT) (assessments & therapy)

ART THERAPY

A psychotherapeutic approach to treating emotional and behavioral disorders; Through the art-making process, participants can express their emotions and heal what is causing their anxiety, depression, PTSD, etc.

****Separate flyer available about Art Therapy**

TRAUMA SENSITIVE YOGA/MOVEMENT

An informed and intentional experience that combines the practices of meditation and yoga with the intention of helping one to focus.

****Separate flyer available about TS-Yoga**

****Canine Assisted Therapy services are in development.
More info will be forthcoming as program develops.****

INSURANCES WE ACCEPT

The Alliance, Anthem BC/BS, Cigna, Group Health Cooperative of Eau Claire, iCare Health Plan, Inlusa, Humana, Medicaid, Medicare, Multiplan, Quartz, Security Health Plan, Tricare, United Healthcare, WPS

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