



**EMPOWERING OLDER ADULTS
TO THRIVE MENTALLY!**

HOW WE CAN HELP!

Services include:

- A confidential, comprehensive assessment.
- In-person or teletherapy options available for
 - Group
 - Individual
 - Family
- Medication education & management.
- After-care planning, where we continue to engage and support our participants.

ABOUT OUR PROGRAM

We help support the mental health of older adults experiencing depression, anxiety, or other mental challenges often associated with aging.

Anyone can refer to our program. Please contact us for information or to discuss mental health support for yourself or a loved one.

Call us today!
218.643.0701