



2320 East Hwy 12, Suite 2, Willmar, MN 56201 (320)214-9692

Brief Counseling Services

Maintaining Mental Health in Challenging Times

We all desire a state of mental wellbeing.

Difficult times can challenge our mental health. When the challenges persist, mental health can suffer and at times, mental health disorders may even develop. The Covid-19 pandemic is proving to be an incredibly persistent and difficult challenge!

Greater Minnesota Family Services

is offering **Brief Counseling Services** to address the current challenges to our Mental Health in a time limited framework. These services are available to individuals of all ages and their families.

As a way to be of assistance

during the Covid-19 pandemic we are able to offer this service without cost to recipients through the end of August. Services are provided over 4 sessions that include an initial session for assessment to determine your primary concerns followed by the development of an action plan. The next 2 sessions will follow the action plan and make any changes as needed. The fourth session will be used to summarize and determine the effectiveness of services, providing recommendations for the coming days.

Our brief counseling services

are provided by CTSS approved Counselors, Licensed Therapists and masters level Licensure Candidates. We have over 100 skilled clinicians in a range of areas of expertise that are available to provide brief counseling through much of Minnesota through telehealth or in a community setting using appropriate precautions for the health and safety of all.

Call 320-214-9692 ext. 4167

for more information or to schedule an appointment.