



A Foundation of Understanding

MENTAL HEALTH & THERAPY SERVICES

We approach treatment from trauma informed perspectives that are sensitive to the experiences of clients and their loved ones.

Our foundation of understanding the needs of our community is essential in our ability to respect all members of the community and offer support and services to all who seek it. Our staff is driven to continuing learning at all stages. We are committed to implementing proven clinically studied modalities into our practice and will continue to learn and keep up to date on new practices.



**TRAUMA
TREATMENT
CENTER**
& Research Facility



Our Services

EMDR

Eye Movement Desensitization and Reprocessing (EMDR), this method of treatment stimulates the brains natural ability to process information.

Play Therapy

Play is a child's first language, using play to process experiences, emotions and narratives can be highly effective with children.

Infant Mental Health

We acknowledge that from birth humans have experiences that are sometimes negative; here infants and their caregivers can receive support in a relational dynamic for these experiences.

Family Support

As a family there may be moments that extra support is needed, an unexpected death or separation, exposure to inappropriate sexual materials, trauma or behavioral concerns.

Connect With Us

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