



## COUNSELING & THERAPEUTIC SUPPORT ACCELERATOR YMCA

The Accelerator YMCA helps young people and their families improve their well-being in body, mind, and spirit. When people are happy and healthy, our communities are more vibrant and safe. Together, we build solutions that make families stronger and young people more resilient. Each year, we help over 3,700 people get the help they need to reach their fullest potential. With decades of experience, the Accelerator YMCA is well positioned to treat children, youth, and families from all backgrounds.

### COUNSELING & THERAPEUTIC SUPPORT PROGRAMS



#### YOUTH & YOUNG ADULT COUNSELING

Navigating childhood to adulthood isn't easy. When life's storms hit, teens and young adults don't have to take the journey alone. YMCA counseling services use a holistic, individualized approach to learn what challenges teens and young adults face to come up with solutions that get to the root of the issues.



#### CHILD & FAMILY COUNSELING

Our licensed youth and family counselors partner to cultivate positive relationships with the child, parents, and other caretakers to develop solutions to life's challenges. We explore dynamics with family, school, friends, and beyond to gain a full picture of the environment and bring stability when conflicts arise.



#### SUBSTANCE USE TREATMENT

Drug and alcohol use among youth and young adults is on the rise. Our trained and knowledgeable counselors build personalized drug and alcohol treatment plans for young people struggling with addiction issues in a caring, private, non-judgmental setting. We don't just help people recover; we help them thrive.

**“There are rare points throughout life that someone comes into your life and leaves a forever mark on your path and changes it for the better. You have done that for us when we really needed it.”**

- Annie, Parent