

### Program Overview

The Counseling Clinic provides comprehensive counseling services for individuals of any age, families, and/or groups on a variety of mental health issues such as marital and couple conflicts, low self-esteem, depression, anxiety, parent/child communication, divorce, health issues, career changes, substance abuse, and more. Our team of professionally trained therapists help people recognize problems and identify possible solutions or alternatives to live happier, more productive lives.

### Who We Serve

Men, women, and children of any age throughout Green Bay and the Fox Cities. **2009: 18,144 hours of service provided to 2,711 individuals and families.**

### A Story of Success

Jane came to counseling several years ago suffering from a severe dissociative disorder. She was unable to work or live independently and, for years, had endured a number of both short and long-term hospital stays. She was the victim of repeated, severe physical, sexual and emotional abuse in early childhood. She began to dissociate as a way of coping with the abuse.

Now in her early 40's, Jane suffered from an impaired memory and frequent nightmares and flashbacks. She often did not know where she had been or what she had said. Any reminder of past harm would trigger strong fear and she would become angry and demanding. Relationships with her medical providers changed often and suicidal urges haunted her.

Due to the severity of her condition, she met twice per week with a Family Services' Psychotherapist for several years. Gradually, she began to show improvement. Jane showed strong determination to make a better life for herself and worked hard to achieve goals between sessions. Little by little, she began to put her story together and become more continuously aware of day-to-day events.

Today, Jane is living independently and successfully managing a part-time job. She has established meaningful relationships and has supportive people in her life. She was even able to participate in (and pass) several college classes. She reports that she never believed she could be happy, and that she finally is. She is enjoying a new life as a fully-functioning individual with a positive outlook for the future.

*The Counseling Clinic has offices at 300 Crooks Street in Green Bay and 1810 Appleton Road in Menasha.*

*The above story is an example of the type of children, individuals and families we serve. Names, ages, and other personal information have been changed to protect the client's confidentiality.*

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