



## Outpatient Health Center

Open Monday-Friday

8:00AM- 5:00PM

## New Referrals Welcome

PLEASE INCLUDE THE REFERRAL FORM, CURRENT ASSESSMENT AND TREATMENT PLAN, AND A RECENT MEDICATION LIST.

**Trauma-Informed Approach  
Evidence-Based Practices  
Member of CANVAS**

2701 N. 16<sup>TH</sup> ST. SUITE 122  
PHOENIX, AZ 85006  
602.650.1212 OR 602-363-4478

## Individual Services

Trauma Counseling

Individual and Couples Counseling

Co-Occurring Treatment

Relationship Skills

Life Skills Training

Dialectical Behavioral Therapy (DBT)

Cognitive Behavioral Therapy (CBT)

Health and Wellness Skills

## Group Services

Meditation, Yoga & Tai Chi Classes

Art Therapy

WRAP™ (Wellness Recovery Action Planning)

Dialectical Behavioral Therapy (DBT)

Stress Management

Conflict Resolution

Illness Management (IM) Recovery

Relapse Prevention

Nutrition Education

*At our Outpatient Health Center we focus on clinical services, mental health & wellness, recovery, life/living skills, physical health & wellness, and socialization.*