



family  
RESOURCES

# Individual and Family Counseling

Available to children and teens ages 6-17



**FREE  
COUNSELING  
SERVICES**

Our counseling program provides a safe environment for youth to develop skills and strategies to navigate life's stresses, challenges and transitions. We work to strengthen families, improve communication and empower youth for success.

- Manage stress/anxiety
- Grief and loss
- Families in crisis
- Anger issues
- Regulate emotions
- Make good decisions
- Set goals
- Effectively communicate
- Resolve conflict

## Contact us:

### Clearwater Family Counseling

1615 Union Street, Clearwater  
(727) 298-3900

### St. Petersburg Family Counseling

3821 5th Avenue North, St. Petersburg  
(727) 552-1010

[www.FamilyResourcesInc.org](http://www.FamilyResourcesInc.org)