

Dane County Comprehensive Community Services

Adult SF Directory

Revised 3/20/2026

Please remember to verify your provider is in-network at the facility and date of your appointment

AFFINITY WELLNESS SERVICES

<p>960 RISE Lane MADISON, WI 53714</p>	<p>Telephone: (608) 251-5126 Fax: (608) 251-6229 Website: https://thercc.org/</p>
<p>Services Provided:</p> <ul style="list-style-type: none"> * SERVICE FACILITATION (assessment/planning) * Employment-Related Skill Training * Individual and/or Family Psychoeducation * Individual Skill Development and Enhancement * Psychotherapy * Substance Abuse Treatment * Wellness Management and Recovery/Recovery Support Services 	<p>Ages Served: 4 - 85+</p> <p>Service Location: Home, Office, Other Place of Service</p> <p>Service Limitations: The RCC provides services to survivors (4 years and older, their family members, and support network) of primary and secondary trauma. RCC does not work with perpetrators of trauma.</p> <p>Languages: Spanish</p>
<p>Service Description Affinity Wellness Services, a program under RCC Sexual Violence & Resource Center, takes a comprehensive cultural, biopsychosocial approach in caring for the whole person. We provide trauma focused services to anyone who has experienced primary and/or secondary trauma, their family members, and/or their support network. Affinity Wellness Services provides services for children (2 years and older), adolescents and adults. We believe in compassionate care using evidence-based practices and a systems approach. Affinity Wellness Services works to empower those impacted by trauma to develop their own recovery goals and be a partner in the service facilitation and therapy process through a collaborative approach. We provide service facilitation in Spanish and English. We use interventions such as Trauma Focused Cognitive Behavioral Therapy (TF-CBT), Dialectical Behavior Therapy (DBT), Cognitive Behavioral Therapy (CBT), Hypnotherapy, (Eye Movement Desensitization & Reprocessing (EMDR) and Motivational Interviewing. Affinity Wellness Services does not work with perpetrators of trauma.</p>	

AMETHYST WELLNESS LLC

PO BOX 127 MAZOMANIE, WI 53560	Telephone: (608) 709-9575 Fax: (608) 714-4010 Website: www.amethystwellness.net
Services Provided: * SERVICE FACILITATION (assessment/planning) * Employment-Related Skill Training * Individual and/or Family Psychoeducation * Individual Skill Development and Enhancement * Medication Management * Physical Health Monitoring * Psychotherapy * Substance Abuse Treatment * Wellness Management and Recovery/Recovery Support Services	Ages Served: 13 - 85+ Service Location: Home, Office, Other Place of Service Service Limitations:
Service Description At Amethyst Wellness, we provide compassionate, personalized mental health services designed to support your journey. Whether you're navigating challenges with mental health or substance use, our team is here to walk alongside you. We offer specialized support tailored to meet your needs and goals. Amethyst Wellness combines clinical expertise with a client-centered approach, ensuring that each person feels heard, empowered, and equipped to move forward with strength and confidence. We believe recovery is possible! Amethyst Wellness - Supporting Healing, Growth, and Recovery	

ANESIS CENTER FOR MARRIAGE AND FAMILY THERAPY LLC

815 FORWARD Drive
MADISON, WI 53711
Wheelchair Accessible

2701 INTERNATIONAL Lane
STE 210
MADISON, WI 53704-3126

2206 UNIVERSITY Avenue
MADISON, WI 53726
Wheelchair Accessible

Telephone: (608) 268-6530
Fax: (608) 709-1744
Website: <http://anesistherapycenter.com/>

Services Provided:

- * SERVICE FACILITATION (assessment/planning)
- * Diagnostic Evaluations
- * Employment-Related Skill Training
- * Individual and/or Family Psychoeducation
- * Individual Skill Development and Enhancement
- * Medication Management
- * Peer Support
- * Physical Health Monitoring
- * Psychotherapy
- * Substance Abuse Treatment
- * Wellness Management and Recovery/Recovery Support Services

Ages Served: Birth - 84
Service Location: Home, Office, Other Place of Service
Service Limitations: We do not specialize in treatment for autism or developmental disabilities
Languages: French, Hebrew, Hmong, Spanish
State Certification: DHS 75.50 Certified

Service Description

Anesis Therapy has a deep commitment to culturally responsive, trauma-informed care. We specialize in serving diverse communities by honoring cultural identity, lived experience, and family traditions as central to the healing process. Our multidisciplinary team offers counseling, peer support, skill-building, case management, and community connection in ways that reflect and respect the languages, histories, and values of the people we serve. At Anesis, we create a safe space where individuals and families from all backgrounds can find support, empowerment, and tools for lasting recovery.

BRIARPATCH YOUTH SERVICES, INC

<p>2720 RIMROCK Road FITCHBURG, WI 53713 <i>Wheelchair Accessible</i></p>	<p>Telephone: (608) 245-2550 Fax: (608) 245-2551 Website: www.briarpatch.org</p>
<p>Services Provided:</p> <ul style="list-style-type: none"> * SERVICE FACILITATION (assessment/planning) * Individual and/or Family Psychoeducation * Individual Skill Development and Enhancement * Psychotherapy 	<p>Ages Served: 12 - 24</p> <p>Service Location: Home, Office, Other Place of Service</p> <p>Service Limitations:</p> <p>Languages: Spanish</p>
<p>Service Description</p> <p>Briarpatch Youth Services (BYS) is a non-profit organization serving youth and their families with over 50 years of experience. BYS provides comprehensive, trauma-informed, and youth-centered mental health services to individuals aged 12–24 experiencing homelessness, justice system involvement, family life disruptions, or other significant challenges. Through its implementation of the Comprehensive Community Services (CCS) program, BYS offers a range of psychosocial rehabilitation services tailored to the unique needs of each client. These services include:</p> <ul style="list-style-type: none"> • Service Facilitation • Individual Skill Development and Enhancement • Individual and Family Psychoeducation • Psychotherapy and Trauma-Informed Interventions, pending staff credentials and availability <p>BYS stands out for its ability to create a safe, non-institutional environment that fosters trust and rapport with clients. The program addresses the mental health, educational, and life skill needs of participants to promote stability and prevent chronic homelessness or further justice system involvement.</p> <p>BYS recognizes the critical role families play in the well-being and recovery of youth. Our services are designed to address the needs of not only the individual youth but also their families, fostering a holistic approach to care. We work collaboratively with families to strengthen communication, resolve conflicts, and build supportive environments that promote positive outcomes. Parent support services are an integral part of our program, offering education, resources, and coaching to help caregivers navigate challenges and better support their children. By empowering families, we aim to create lasting changes that improve the overall functioning and resilience of the entire family unit.</p> <p>Services are delivered in community-based settings, including the youth’s home, schools, and BYS facilities, ensuring accessibility and convenience. Services are provided during regular business hours, 9AM - 8PM Monday - Friday. Services are available on Saturdays depending the availability of staff and client needs. These efforts are grounded in BYS’s goal to empower youth through strength-based and culturally inclusive practices.</p>	

CARING CONNECTION LLC

<p>404 DECLARK Street BEAVER DAM, WI 53916</p>	<p>Telephone: (608) 400-9070 Fax: (608) 429-0103 Website: www.caringconnectionllc.com</p>
<p>Services Provided:</p> <ul style="list-style-type: none"> * SERVICE FACILITATION (assessment/planning) * Employment-Related Skill Training * Individual and/or Family Psychoeducation * Individual Skill Development and Enhancement * Psychotherapy 	<p>Ages Served: 22 - 85+</p> <p>Service Location: Home, Office, Other Place of Service</p> <p>Service Limitations:</p>
<p>Service Description Caring Connection — Empowering Wellness, Restoring Hope</p> <p>At Caring Connection, we are more than a mental health agency — we are a trusted partner on your journey to emotional balance and psychological well-being. Rooted in compassion, professionalism, and a deep respect for each individual's unique experience, our mission is to support, empower, and uplift those navigating the challenges of life and mental health.</p> <p>We recognize that life can sometimes feel overwhelming. Our experienced and CCS-certified team is here to provide evidence-based interventions in a safe, supportive, and inclusive environment. Whether you are facing daily stressors, managing a mental health diagnosis, or simply seeking a deeper understanding of yourself, Caring Connection is here to walk beside you.</p> <p>Every service we offer is guided by our vision: to promote resilience, restore hope, and cultivate lasting mental wellness. At Caring Connection, your story is honored, your privacy is protected, and your voice remains at the center of all we do.</p>	

CATALYST FOR CHANGE, INC

<p>2617 EAST WASHINGTON Avenue MADISON, WI 53704 <i>Wheelchair Accessible</i></p> <p>2901 INTERNATIONAL Lane STE 100 MADISON, WI 53704 <i>Wheelchair Accessible</i></p>	<p>Telephone: (608) 335-2872 Fax: (608) 480-8070 Website: www.catalystforchangeinc.org</p>
<p>Services Provided:</p> <ul style="list-style-type: none"> * SERVICE FACILITATION (assessment/planning) * Diagnostic Evaluations * Employment-Related Skill Training * Individual and/or Family Psychoeducation * Individual Skill Development and Enhancement * Medication Management * Peer Support * Physical Health Monitoring * Psychotherapy * Wellness Management and Recovery/Recovery Support Services 	<p>Ages Served: 4 - 85+</p> <p>Service Location: Home, Office, Other Place of Service</p> <p>Service Limitations:</p>
<p>Service Description Catalyst for Change is a non-profit organization founded in 2019 to address gaps in homeless services. Our team is dedicated to supporting and empowering individuals experiencing homelessness and housing insecurity in our community. We create meaningful connections by offering street outreach, trauma-informed clinical interventions, and harm reduction services. We provide wrap-around, intensive case management, substance abuse treatment, and psychoeducation to our CCS participants. Our mission is to impact the community by offering quality compassionate services that promote the upliftment and humanity of the most vulnerable members of society. Our vision is to eliminate human suffering.</p>	

CAYA CLINIC, INC.

<p>4785 Hayes Road STE 200 Madison, WI 53704 <i>Wheelchair Accessible</i></p>	<p>Telephone: (608) 844-8473 Fax: (608) 400-8422 Website: www.cayaclinic.org</p>
<p>Services Provided:</p> <ul style="list-style-type: none"> * SERVICE FACILITATION (assessment/planning) * Diagnostic Evaluations * Individual and/or Family Psychoeducation * Individual Skill Development and Enhancement * Peer Support * Psychotherapy * Substance Abuse Treatment * Wellness Management and Recovery/Recovery Support Services 	<p>Ages Served: Birth - 85+</p> <p>Service Location: Home, Office, Other Place of Service</p> <p>Service Limitations:</p>
<p>Service Description We provide harm reduction psychotherapy through individual and group sessions to people in Wisconsin. Our approaches include but are not limited to: ACT, EFT, Prolonged Exposure, Solution-focused Brief Therapy, Motivational Interviewing, Positive Psychology, Dialectical Behavioral Therapy, Cognitive Behavioral Therapy, Somatic Approaches to Trauma, The Flash Technique, EMDR, NDIT, and The Sinclair Method. We do not require abstinence to receive counseling for substance use moderation, mental health, disordered eating, self-harm and trauma therapy. We provide harm reduction supplies to all clients. Our staff has specialization in working with people with disabilities, those experiencing grief, affected family members (including parents, children, and other loved ones), recovery focused yoga, gender-affirming and queer affirming care, disability identification and acceptance, and trauma therapy. All of work is through a lens of empowerment, self-love, and community building.</p>	

COMMUNITY COUNSELING CENTER OF MADISON WI INC

<p>6629 UNIVERSITY Avenue STE 209 MIDDLETON, WI 53562</p>	<p>Telephone: (608) 833-5880 Fax: (608) 829-3787 Website: www.communitycounselingmadison.org</p>
<p>Services Provided:</p> <ul style="list-style-type: none"> * SERVICE FACILITATION (assessment/planning) * Diagnostic Evaluations * Employment-Related Skill Training * Individual and/or Family Psychoeducation * Individual Skill Development and Enhancement * Physical Health Monitoring * Psychotherapy * Wellness Management and Recovery/Recovery Support Services 	<p>Ages Served: 13 - 74</p> <p>Service Location: Home, Office, Other Place of Service</p> <p>Service Limitations: Our office is located on the 2nd floor and there is no elevator, so clients must be able to navigate stairs.</p> <p>State Certification: DHS 35 Certified</p>
<p>Service Description The Community Counseling Center of Madison, Wisconsin, Inc. provides professional counseling by trained and skilled social workers, counselors, and licensed psychologists. The clinic is licensed by the State of Wisconsin (as an outpatient mental health clinic) and has been serving the community since 1975.</p> <p>Our therapeutic services include: individual therapy, group therapy, family therapy, couples therapy, marriage therapy, sex therapy, and play therapy. We specialize in treating eating disorders, AODA, learning disabilities, and trauma.</p>	

COMMUNITY LIVING ALLIANCE, INC.

<p>1414 MacArthur Road Madison, WI 53714 Wheelchair Accessible</p>	<p>Telephone: (608) 242-8335 Fax: (608) 240-7060 Website: www.clanet.org</p>
<p>Services Provided:</p> <ul style="list-style-type: none"> * SERVICE FACILITATION (assessment/planning) * Employment-Related Skill Training * Individual and/or Family Psychoeducation * Individual Skill Development and Enhancement * Medication Management * Physical Health Monitoring * Psychotherapy * Wellness Management and Recovery/Recovery Support Services 	<p>Ages Served: 18 - 85+</p> <p>Service Location: Home, Office, Other Place of Service</p> <p>Service Limitations: We do not serve individuals with a primary diagnosis of Substance Abuse.</p>
<p>Service Description</p> <p>CLA is a local, non-profit, trauma-informed, community based organization. For over thirty (30) years CLA has been a trusted provider in Dane County and has designed and provided innovative programs and services that support the independent living needs of all people with disabilities and older adults.</p> <p>CLA has rich history in supporting individuals with all disabilities and those who have chronic health and pain conditions. These conditions often produce anxiety or depression and other symptoms which may challenge interpersonal relationships and limit one's ability to live a meaningful life. We partner with individuals to gain insight through education to effectively manage their symptoms and uncover barriers to achieve their recovery goals.</p> <p>The core values of our organization embraces the central tenets of the independent living philosophy. We believe that people should have a choice in the services that they receive and must be at the center of all treatment planning and goal identification.</p> <p>CLA as a trauma informed care organization embraces the principles of trauma based care and has a rich understanding and respect for an individual's journey towards health and wellbeing. We recognize the impact of social isolation and see great value in promoting opportunities for community connections and healthy interpersonal relationships.</p>	

DAY ONE MENTAL HEALTH SERVICES LLC

<p>1955 W. BROADWAY MONONA, WI 53713 <i>Wheelchair Accessible</i></p>	<p>Telephone: (608) 421-8267 Fax: (608) 467-9635 Website: www.dayonementalhealthservices.com</p>
<p>Services Provided:</p> <ul style="list-style-type: none"> * SERVICE FACILITATION (assessment/planning) * Diagnostic Evaluations * Employment-Related Skill Training * Individual and/or Family Psychoeducation * Individual Skill Development and Enhancement * Medication Management * Physical Health Monitoring * Psychotherapy * Substance Abuse Treatment * Wellness Management and Recovery/Recovery Support Services 	<p>Ages Served: 4 - 69</p> <p>Service Location: Home, Office, Other Place of Service</p> <p>Service Limitations: Diagnostic Evaluations are the only service offered to youth. All other services are adult only.</p>
<p>Service Description Day One Mental Health Services provides a wide array of mental health services. When working with us, expect superior community-based mental health services on Day One. Diagnostic Evaluations are the only service offered to youth. All other services are adult only.</p>	

EASE-OF-MIND MENTAL HEALTH SOLUTIONS, LLC

<p>2500 RIMROCK Road STE 102 FITCHBURG, WI 53713 <i>Wheelchair Accessible</i></p>	<p>Telephone: (608) 467-2331 Fax: (608) 284-7947 Website: www.easeofmindmhs.com</p>
<p>Services Provided:</p> <ul style="list-style-type: none"> * SERVICE FACILITATION (assessment/planning) * Diagnostic Evaluations * Employment-Related Skill Training * Individual and/or Family Psychoeducation * Individual Skill Development and Enhancement * Medication Management * Physical Health Monitoring * Psychotherapy * Wellness Management and Recovery/Recovery Support Services 	<p>Ages Served: Birth - 69</p> <p>Service Location: Home, Office, Other Place of Service</p> <p>Service Limitations:</p>
<p>Service Description</p> <p>DIAGNOSTIC EVALUATION AND PRESCRIBING</p> <p>MEDICATION MANAGEMENT/OBSERVATION Delivery and observing medications daily to weekly depending on individual client's needs to ensure medication compliance</p> <p>PHYSICAL HEALTH MONITORING -Monitoring Blood pressure, blood sugars, diet, sleep hygiene and more. -Work in collaboration with medical health providers to promote overall wellness</p> <p>WELLNESS MANAGEMENT ANO RECOVERY/RECOVERY SUPPORT SERVICES</p> <p>ADVOCACY SERVICES -To ensure our clients are getting needed services including medical care</p>	

FORWARD LEARNING YOUTH AND YOUNG ADULTS INC.

<p>199 E BADGER Road STE 200 MADISON, WI 53713 <i>Wheelchair Accessible</i></p>	<p>Telephone: (608) 819-6390 Fax: (608) 807-5167 Website: www.flyy.org</p>
<p>Services Provided:</p> <ul style="list-style-type: none"> * SERVICE FACILITATION (assessment/planning) * Individual and/or Family Psychoeducation * Individual Skill Development and Enhancement * Peer Support * Psychotherapy 	<p>Ages Served: 4 - 49</p> <p>Service Location: Home, Office, Other Place of Service</p> <p>Service Limitations: We are not able to serve clients with serious violent sexual charges, actively psychotic, or in need of detox services.</p>
<p>Service Description</p> <p>In addition to services listed in previous applications, FLYY now provides core services (Service Facilitation, Skill Development, Family Psychoeducation, Psychotherapy) specifically for individuals experiencing First Episode Psychosis. This program, titled "Wings", is directed by Emilie Pinkovitz and functions as a collaborative effort by FLYY, Chrysalis, and Cascading Waters. Each organization has trained staff prepared for higher demand case loads and increased administrative time required for more frequent inter-organization team meetings. Our multidisciplinary team consists of professionals in psychiatry, therapy, peer support, care coordination, employment support, and skills coaching. To ensure the highest quality of care, we actively monitor program effectiveness using the First Episode Psychosis Services Fidelity Scale (FEPS-FS 1.0), allowing us to assess adherence to best practices and make data-driven improvements. We operate within a team-based model where multiple team members share caseloads, collaborate on treatment planning, and provide integrated care. Weekly team meetings ensure coordination, case reviews, and comprehensive care delivery. Services are participant-centered and can be provided in community settings, participants' homes or schools, or wherever individuals feel most comfortable. The program prioritizes shared decision-making and holistic care, incorporating family and social support into treatment whenever possible.</p>	

GRAND JOURNEY, LLC

<p>1320 MENDOTA Street STE 106 MADISON, WI 53714 <i>Wheelchair Accessible</i></p>	<p>Telephone: (608) 301-5352 Fax: (608) 286-1385 Website: www.grandjourneyllc.com</p>
<p>Services Provided:</p> <ul style="list-style-type: none"> * SERVICE FACILITATION (assessment/planning) * Diagnostic Evaluations * Employment-Related Skill Training * Individual and/or Family Psychoeducation * Individual Skill Development and Enhancement * Peer Support * Psychotherapy 	<p>Ages Served: Birth - 85+</p> <p>Service Location: Home, Office, Other Place of Service</p> <p>Service Limitations:</p> <p>Languages: Hmong, Khmer, Laotian, Mandarin, Spanish, Thai</p>
<p>Service Description</p> <p>Grand Journey provides a space in which families and individuals can feel safe to express and share experiences to increase their understanding and the ability to live successfully within the broader cultural context while receiving support and treatment for mental health issues. Grand Journey was established to bring diverse and competent mental health care in Dane County. Grand Journey staff is comprised of racially, culturally, and linguistically diverse background. Our staff bring life and clinical experience, insight, and community knowledge that deeply supports structural inclusivity within all aspects of our reach.</p> <p>Our goal is to work in partnership with health/social care and other agencies to provide treatment, care and support individuals. Furthermore, we provide early intervention services, promote recovery and wellness for persons with mental illness, and eliminate disparities in mental health care across socioeconomic and racial/ethnic groups.</p>	

GREYLEY WELLNESS LLC

<p>2010 EASTWOOD Drive STE 300 MADISON, WI 53704 <i>Wheelchair Accessible</i></p>	<p>Telephone: (608) 509-9287 Fax: (608) 630-8089 Website: www.greyleywellness.com</p>
<p>Services Provided:</p> <ul style="list-style-type: none"> * SERVICE FACILITATION (assessment/planning) * Individual and/or Family Psychoeducation * Individual Skill Development and Enhancement * Physical Health Monitoring * Psychotherapy 	<p>Ages Served: 4 - 79 Service Location: Home, Office, Other Place of Service Service Limitations: Languages: Spanish State Certification: DHS 35 Certified</p>
<p>Service Description At Greyley Wellness, we are committed to helping clients find intention and life in the middle - the grey space that's full of possibilities. We offer a variety of mental health services to help you on your journey. Our team of professionals is dedicated to providing you with the highest quality of care, customized to your individual needs. We believe that everyone deserves to live a fulfilling life, all are worthy of finding mental wellness and we're here to help you achieve that.</p> <p>Greyley Wellness also offers a variety of groups throughout the year and we meet with clients in office, in the community and via telehealth.</p>	

HEALTHYMINDS LLC

<p>2909 LANDMARK Place STE 210 MADISON, WI 53713 <i>Wheelchair Accessible</i></p>	<p>Telephone: (855) 458-4966 Fax: (855) 458-4966 Website: www.healthymindsllc.com</p>
<p>Services Provided:</p> <ul style="list-style-type: none"> * SERVICE FACILITATION (assessment/planning) * Diagnostic Evaluations * Employment-Related Skill Training * Individual and/or Family Psychoeducation * Individual Skill Development and Enhancement * Medication Management * Peer Support * Physical Health Monitoring * Psychotherapy * Substance Abuse Treatment * Wellness Management and Recovery/Recovery Support Services 	<p>Ages Served: 4 - 85+</p> <p>Service Location: Home, Office, Other Place of Service</p> <p>Service Limitations:</p> <p>Languages: French, Hmong, Mandarin, Spanish</p>
<p>Service Description</p> <p>HealthyMinds is a culturally affirming outpatient mental health clinic who base our success on our client's long-term good health. We have extensive experience with the LGBTQ population and specific experience working with gender transitioning individuals. We believe in personalized care based on client's mental health concerns and offer a wide array of psychosocial rehabilitation services to clients across the lifespan who have needs for ongoing, high or low-intensity services resulting from mental health or substance use disorders. The services and supportive activities we provide to CCS clients with mental health and/or substance use conditions allow them to achieve their highest possible level of independent functioning, stability, independence, and to facilitate recovery.</p> <p>Specializations: Behavioral Health, Individual Psychotherapy, Cognitive Behavioral Therapy (CBT), Dialectical Behavioral Therapy (DBT), Interpersonal Therapy (ITP), Acceptance and Commitment Therapy (ACT), Group Psychotherapy, Cognitive Behavioral Therapy (CBT), Dialectical Behavioral Therapy (DBT), Acceptance and Commitment Therapy (ACT), Addiction (Substance Use Disorder), Supporting parents and children through the facilitation of Nurtured Heart Approach® groups and home visits, Marriage and Family Therapy, Trauma Informed Therapy, Trauma-Focused Cognitive Behavioral Therapy (TF-CBT), Acute Trauma Intervention Protocols (ATIP), Eye Movement Desensitization and Reprocessing (EMDR), Child and Adolescent mental Health, Mental Health Counseling, Psychological First Aid, Critical Incident Stress Management, Eye Movement Desensitization and Reprocessing (EMDR).</p> <p>Conditions Treated: Trauma, Crisis, Suicide Prevention, Substance Abuse, Victim Assistance, Sexual Abuse, Anxiety, Depression, Grief and Loss, Sports Psychology, Eating Disorders, Financial Discords, Life Transitions, Gender Transitioning.</p>	

HOPE INSPIRED LLC

<p>5944 SEMINOLE CENTRE Court STE 120 FITCHBURG, WI 53711 <i>Wheelchair Accessible</i></p>	<p>Telephone: (844) 467-3467 Fax: (844) 502-1200 Website: www.HopeInspiredWI.com</p>
<p>Services Provided:</p> <ul style="list-style-type: none"> * SERVICE FACILITATION (assessment/planning) * Diagnostic Evaluations * Employment-Related Skill Training * Individual and/or Family Psychoeducation * Individual Skill Development and Enhancement * Medication Management * Physical Health Monitoring * Psychotherapy * Substance Abuse Treatment * Wellness Management and Recovery/Recovery Support Services 	<p>Ages Served: 4 - 85+</p> <p>Service Location: Home, Office, Other Place of Service</p> <p>Service Limitations:</p> <p>Languages: Spanish</p>
<p>Service Description Hope Inspired is a Service Facilitation and Array services agency that specializes in services to people ages 4 and up who have experienced complex trauma and have substance use and/or mental health concerns.</p> <p>We have staff experienced in working with adults, children, adolescents, as well as transitional-age youth (18-21) who are looking for ways to increase their independence as young adults. We utilize an array of treatment approaches to best meet the needs of the client, including a trauma-informed family systems approach, and a person-in-environment approach with clients. We recognize there are many factors that contribute to child/adolescent/adult mental health/substance use concerns.</p> <p>We are experienced in working with school districts regarding best opportunities for success with struggling students. We work closely with community housing and employment agencies, the medical community, and a vast amount of other community resources. Additionally, staff is experienced in working with the criminal justice system and population, and provides emotionally safe, non-judgmental services for all clients, including advocacy in the court system.</p>	

INSIGHT COUNSELING & WELLNESS, LLC

**1943 WINNEBAGO ST.
MADISON, WI 53704
*Wheelchair Accessible***

**324 S. MAIN STREET
VERONA, WI 53593
*Wheelchair Accessible***

**121 S BRISTOL Street
STE 102
SUN PRAIRIE, WI 53590
*Wheelchair Accessible***

Telephone: (608) 244-4859
Fax: (608) 244-6809
Website: www.insightmadison.com

Services Provided:

- * SERVICE FACILITATION (assessment/planning)
- * Diagnostic Evaluations
- * Individual and/or Family Psychoeducation
- * Individual Skill Development and Enhancement
- * Psychotherapy
- * Wellness Management and Recovery/Recovery Support Services

Ages Served: Birth - 84
Service Location: Home, Office, Other Place of Service
Service Limitations:
Languages: Hmong, Spanish
State Certification: DHS 35 Certified

Service Description

At Insight, we offer holistic interventions, which means that we consider wellness of each person's mind, body and spirit. We offer individualized attention and cater our services to the unique needs of each person. We are skilled in employing body-centered therapies when appropriate, such as dance/movement therapy, somatic-expressive therapy and yoga therapy. We offer a rotating schedule of skills and psychotherapy groups utilizing yoga, expressive arts and other body-centered interventions. We are also versed in mindfulness meditation and EMDR (eye movement desensitization and reprocessing). Our therapists are master's and doctoral-level professionals in counseling, social work or marriage and family therapy.

JOURNEY MENTAL HEALTH CENTER

<p>802 E GORHAM Street MADISON, WI 53703</p> <p>25 KESSEL Court STE 105 MADISON, WI 53711 <i>Wheelchair Accessible</i></p> <p>49 KESSEL Court MADISON, WI 53711</p>	<p>210 E OLIN Avenue STE 201 MADISON, WI 53713 <i>Wheelchair Accessible</i></p>	<p>Telephone: (608) 280-2700</p> <p>Fax: (608) 280-2707</p> <p>Website: www.journeymhc.org</p>
<p>Services Provided:</p> <ul style="list-style-type: none"> * SERVICE FACILITATION (assessment/planning) * Diagnostic Evaluations * Employment-Related Skill Training * Individual and/or Family Psychoeducation * Individual Skill Development and Enhancement * Medication Management * Peer Support * Physical Health Monitoring * Psychotherapy * Substance Abuse Treatment * Wellness Management and Recovery/Recovery Support Services 	<p>Ages Served: Birth - 85+</p> <p>Service Location: Home, Office, Other Place of Service</p> <p>Service Limitations: We do not service individuals with advanced dementia. We work with many consumers who are registered on the Wisconsin Sexual Offender Registry but we do not provide sexual offender treatment.</p> <p>Languages: German, Hmong, Spanish</p> <p>State Certification: DHS 75.50 Certified</p>	
<p>Service Description</p> <p>At Journey Mental Health Center, CCS providers are able to provide all of the services on the array to consumers through their lifespan (child, adolescent and young, middle and older adults) in multiple programs. We work with individuals, their family members, CCS providers, and others that the person identifies as important in their recovery to support consumers in a holistic manner These programs include:</p> <p>-Growth Recovery Outreach Wellness (GROW), an intensive case management program at Journey, offering service facilitation including supportive counseling, advocacy, vocational/educational supports, support around primary health care, and coordination of benefits. GROW provides CCS services in both clinic-based and community-based settings. GROW also includes our First Episode Psychosis specific program, Promoting Recovery from Onset of Psychosis (PROPs), for teens and young adults, ages 15-25.</p> <p>-Yahara House (YH), a Clubhouse Model of mental health services, offers adults a path to recovery through relationships and work. YH members and staff work side by side building relationships with peers while learning important job skills. Service facilitation includes supportive counseling, member run self-help groups, supported employment, and transitional work experiences.</p> <p>-Journey's Outpatient Services offers an array of treatment modalities for psychotherapy in both group and individual settings, including: Cognitive Behavioral Therapy, Eye Movement Desensitization and Reprocessing, Seeking Safety, Dialectical Behavior Therapy Groups, Adults and Children Together, Child Parent Psychotherapy, Trauma Focused CBT, substance use treatment, and specialized treatment for trauma. This program also offers psychiatry/medication management. Psychotherapy and psychiatry is only available for consumers also receiving service facilitation at Journey.</p>		

<p>744 WILLIAMSON Street STE 300 MADISON, WI 53703 Wheelchair Accessible</p>	<p>Telephone: (414) 731-4078 Fax: (414) 982-4424 Website: www.justicepoint.org</p>
<p>Services Provided: * SERVICE FACILITATION (assessment/planning) * Individual and/or Family Psychoeducation * Individual Skill Development and Enhancement * Psychotherapy</p>	<p>Ages Served: 18 - 85+ Service Location: Home, Office, Other Place of Service Service Limitations:</p>
<p>Service Description At JusticePoint, we believe that recovery is possible with the right treatment and supports. Comprehensive Community Services (CCS) is one option for individuals seeking help, particularly for those coping with mental health and/or substance use conditions. Through the JusticePoint CCS program, individuals involved in the justice system receive support in achieving their personal life goals. Each experience with CCS is unique, as every person we serve is unique.</p> <p>Services offered through the JusticePoint CCS program include:</p> <ol style="list-style-type: none"> 1. Screening and Assessment: Our team conducts thorough evaluations to identify each individual's needs, strengths, and goals. This helps us create a personalized roadmap for recovery by understanding the specific mental health or substance use challenges a person is facing. 2. Service Planning: Based on the assessment, a comprehensive plan is developed in collaboration with the individual. This plan outlines the services and supports that will best assist them in their recovery journey, tailored to their unique goals and circumstances. 3. Service Facilitation: A dedicated service facilitator coordinates care and connects individuals with the appropriate resources, ensuring they receive continuous support. This includes regular check-ins, progress monitoring, and adjusting the service plan as needed. <p>CCS is built around proven treatment and support methods, with a focus on promoting recovery by stabilizing and addressing critical mental health and substance use needs. The program empowers individuals to self-manage their physical, mental, and social well-being, while also helping them meet their basic needs. Through collaboration with a dedicated team, each participant decides which services and supports will help them reach their identified recovery goals, fostering a pathway to a healthier, more fulfilling life.</p>	

KEEPING FAMILIES TOGETHER LLC

<p>425 W MAIN Street STE 101 SUN PRAIRIE, WI 53590 <i>Wheelchair Accessible</i></p>	<p>Telephone: (608) 318-1496 Fax: (608) 318-1496 Website: www.keepingfamilies.com</p>
<p>Services Provided:</p> <ul style="list-style-type: none"> * SERVICE FACILITATION (assessment/planning) * Employment-Related Skill Training * Individual and/or Family Psychoeducation * Individual Skill Development and Enhancement * Peer Support * Physical Health Monitoring * Psychotherapy * Substance Abuse Treatment 	<p>Ages Served: 4 - 64</p> <p>Service Location: Home, Office, Other Place of Service</p> <p>Service Limitations:</p> <p>Languages: Spanish</p>
<p>Service Description Keeping Families Together, LLC provides a approach to dealing with individuals and/or families who suffer, from mental illness and/or dually diagnosed disorders. We believe in a holistic approach that addresses the consumers immediate needs and underlying problems. We welcome all individuals regardless of their race, gender, sexual orientation, and/or religious beliefs. Our mission is to enhance the dignity and quality of life of individuals from all walks of life by strengthening families and helping to eliminate barriers to opportunity. We believe that a true continuum of care includes treatment services, intervention services as well as preventive and educational services. Our staff consist of license substance professionals and mental health providers with over 20 years of experience working with vulnerable populations. We specialize with reducing the rates of recidivism amongst individuals who has been involved with the criminal justice system.</p>	

LUTHERAN SOCIAL SERVICES - Service Facilitation & Outpatient CCS

<p>1904 WINNEBAGO STREET MADISON, WI 53704 <i>Wheelchair Accessible</i></p>	<p>Telephone: (608) 355-4103 Fax: (414) 246-2524 Website: www.lsswis.org</p>
<p>Services Provided:</p> <ul style="list-style-type: none"> * SERVICE FACILITATION (assessment/planning) * Individual and/or Family Psychoeducation * Individual Skill Development and Enhancement * Peer Support * Psychotherapy * Wellness Management and Recovery/Recovery Support Services 	<p>Ages Served: 4 - 85+</p> <p>Service Location: Home, Office, Other Place of Service</p> <p>Service Limitations:</p> <p>State Certification: DHS 75.50 Certified</p>
<p>Service Description</p> <p>The Service Facilitators within Lutheran Social Services provides community-based care coordination services to individuals with high level needs across multiple environments. This staff will provide assessment services, including an in-depth mental health and substance use assessment identifying consumer strengths and needs; works with the consumer/family to identify goals; and facilitates monthly team meetings. The service facilitator ensures the recovery plan and service delivery for consumers is coordinated, monitored and designed to support the consumer in a manner that helps them achieve the highest level of independent functioning.</p> <p>Lutheran Social Services also provides psychotherapy services through our community-based service array. We utilize evidence-based practices to create an individualized approach to meeting a consumer's mental health and substance abuse needs.</p>	

MAGNOLIA THERAPY AND MENTORING, LLC

<p>606 COOPER Road WAUNAKEE, WI 53597</p> <p>W8540 US-18 Highway CAMBRIDGE, WI 53523</p>	<p>Telephone: (608) 285-2901</p> <p>Fax: (608) 817-3291</p> <p>Website: www.magnoliatm.org</p>
<p>Services Provided:</p> <ul style="list-style-type: none"> * SERVICE FACILITATION (assessment/planning) * Individual and/or Family Psychoeducation * Individual Skill Development and Enhancement * Medication Management * Physical Health Monitoring * Psychotherapy * Wellness Management and Recovery/Recovery Support Services 	<p>Ages Served: 13 - 85+</p> <p>Service Location: Home, Office, Other Place of Service</p> <p>Service Limitations:</p>
<p>Service Description</p> <p>At Magnolia Therapy and Mentoring, LLC, we believe that care should be accessible, collaborative, and tailored to meet each client's unique needs. That's why we offer a wide range of services delivered in-office, in-community, in-home, or virtually—depending on the service and client's age.</p> <p>Medication Management is available virtually and in-office for clients ages 12 and up. Our prescribers work closely with clients and their CCS teams to ensure that medications align with each person's recovery goals, supporting—not replacing—therapeutic and skills-based interventions.</p> <p>To enhance this service, our Medication Management Support Specialists provide virtual support through our Wellness Management service array. They help clients complete intake and documentation, navigate our patient portal, and stay connected between appointments.</p> <p>All other services—including Psychotherapy (PT), Psychoeducation (PE), Individual Skill Development & Enhancement (ISDE), Wellness Management (WM), and Service Facilitation (SF)—are available in-office, in-community, in-home, or virtually:</p> <ul style="list-style-type: none"> • PT, PE, ISDE, and WM are offered to clients ages 7 and up • Service Facilitation (SF) is available for clients ages 18 and up <p>At MagnoliaTM, we're committed to walking alongside our clients at every stage of their mental health journey—bringing care to where it's most supportive of their recovery goals.</p> <p>www.magnoliatm.org info@magnoliatm.org</p>	

MANIFEST WELLNESS, LLC

2010 EASTWOOD Drive STE 104 MADISON, WI 53704 <i>Wheelchair Accessible</i>	Telephone: (608) 291-3676 Fax: (608) 716-3156 Website: www.manifestwellnesswis.com
Services Provided: * SERVICE FACILITATION (assessment/planning) * Individual and/or Family Psychoeducation * Individual Skill Development and Enhancement * Peer Support * Psychotherapy * Substance Abuse Treatment * Wellness Management and Recovery/Recovery Support Services	Ages Served: 4 - 85+ Service Location: Home, Office, Other Place of Service Service Limitations: Languages: Hmong, Spanish
Service Description Manifest Wellness is a collaborative team of culturally responsive providers who believe in doing meaningful work with integrity and heart. We offer trauma-informed, person-centered services that support clients in building lives they're proud of. Our team partners with individuals and families to clarify goals, honor strengths, and navigate recovery in ways that feel grounded, hopeful, and doable.	

Meager Beginnings LLC

6314 ODANA Road STE 4 MADISON, WI 53719 <i>Wheelchair Accessible</i>	Telephone: (608) 713-5651 Fax: Website: www.meagerbeginningsllc.com
Services Provided: * SERVICE FACILITATION (assessment/planning) * Individual and/or Family Psychoeducation * Individual Skill Development and Enhancement * Psychotherapy * Substance Abuse Treatment	Ages Served: 18 - 74 Service Location: Home, Office, Other Place of Service Service Limitations:
Service Description Comprehensive psychotherapy services will be provided. In addition, any psychoeducation or skill development that will better enhance the mental health and well being for the clients. Modalities in Reiki and Hypnotherapy also incorporated when applicable for treatment.	

<p>2814 SYENE ROAD MADISON, WI 53713</p>	<p>Telephone: (608) 405-5889 Fax: Website:</p>
<p>Services Provided:</p> <ul style="list-style-type: none"> * SERVICE FACILITATION (assessment/planning) * Diagnostic Evaluations * Employment-Related Skill Training * Individual and/or Family Psychoeducation * Individual Skill Development and Enhancement * Medication Management * Physical Health Monitoring * Psychotherapy * Wellness Management and Recovery/Recovery Support Services 	<p>Ages Served: 18 - 85+</p> <p>Service Location: Home, Office, Other Place of Service</p> <p>Service Limitations: Neu K services are bilingual and culturally appropriate, designed to make mental health services accessible and acceptable to Southeast Asian individuals and families in Dane County. The programs offer services in both traditional and nontraditional settings that reflect the cultural values, traditions, and beliefs of Hmong, Lao, and Khmer people.</p> <p>Languages: Cambodian, Hmong, Laotian, Thai</p>
<p>Service Description</p> <p>Services are based on wrap-around and holistic models. This program also works with natural healers such as shaman, spiritual, and other tradition healing methods appropriate to the needs of the population and clients.</p> <p>Neu K LLC provides socialization and psychosocial and psychiatric treatment and support so participants can continue to live with their families. It does this in a way that creates harmony between western views on medicine and mental health and traditional Southeast Asian cultures.</p> <p>Specific needs addressed include outreach, transportation, culture brokering with health and human service agencies, mental health services and case management, medical attention, and socialization opportunities. Effective services to this population require an understanding of Southeast Asian cultures and respectful attention to the cultural aspects of service and treatment options.</p> <p>Services provided include cultural brokering, clinical/mental health case management, transportation, psychosocial group support, psychiatric evaluations and medication reviews, psychotherapy, group therapy, individual and family counseling, translation, daily noon meals, field trips, citizenship/English classes, and social advocacy.</p>	

OPEN DOOR CENTER FOR CHANGE LLC

<p>6502 GRAND TETON Plaza STE 102 MADISON, WI 53719-1047 <i>Wheelchair Accessible</i></p>	<p>Telephone: (608) 827-7220 Fax: (608) 827-7223 Website: www.opendoorcfc.com</p>
<p>Services Provided:</p> <ul style="list-style-type: none"> * SERVICE FACILITATION (assessment/planning) * Diagnostic Evaluations * Individual and/or Family Psychoeducation * Individual Skill Development and Enhancement * Psychotherapy 	<p>Ages Served: 4 - 84 Service Location: Home, Office, Other Place of Service Service Limitations: Languages: Spanish State Certification: DHS 35 Certified</p>
<p>Service Description</p> <p>Open Door Center for Change is a full-service outpatient mental health clinic that provides a range of services to people throughout the lifespan. Our clinicians have a wide variety of training and specializations including Neurofeedback, TRE, EMDR, and DBT. All of our clinicians work from a trauma-informed and client-centered perspective.</p> <p>We provide a full-service dialectical behavior therapy program to individuals as young as 12 years of age. The program includes: weekly skills training group (core mindfulness, interpersonal effectiveness, emotion regulation, and distress tolerance skills), weekly individual therapy, daily diary cards, 24/7 phone coaching and parent/caregiver involvement. This evidence based treatment serves clients who have demonstrated difficulty managing emotions, impulsive behaviors and suicidal thoughts.</p> <p>Bilingual (Spanish/English) psychotherapy is available.</p> <p>Service Facilitation is available for Adolescents and Adults.</p>	

<p>313 PRICE Place STE 104 MADISON, WI 53705 Wheelchair Accessible</p>	<p>Telephone: (608) 886-9373 Fax: (608) 440-2846 Website: www.orchestrax.org</p>
<p>Services Provided:</p> <ul style="list-style-type: none"> * SERVICE FACILITATION (assessment/planning) * Employment-Related Skill Training * Individual and/or Family Psychoeducation * Individual Skill Development and Enhancement * Medication Management * Peer Support * Physical Health Monitoring * Psychotherapy * Substance Abuse Treatment * Wellness Management and Recovery/Recovery Support Services 	<p>Ages Served: 4 - 85+</p> <p>Service Location: Home, Office, Other Place of Service</p> <p>Service Limitations:</p> <p>Languages: Spanish</p>
<p>Service Description</p> <p>Orchestra X offers a wide array of client-centered solution-focused recovery wellness services. Our highly experienced providers work with youth, families, and adults including the elderly population. We at OX believe that the essence of healing starts with utilizing a person's inherent strength and innate creativity and talent.</p> <p>We will work with you in your mental health/substance use recovery journey. With respect, care, and joining through active listening, empathy, and humor we will honor your path and will be honored to be a part of your journey.</p> <p>We believe that community is a powerful part of recovery. We can work with you in the community, or wherever is best for you. Services we provide include Strength Based psychotherapy approaches including Narrative Therapy, Cognitive Behavioral Therapy (CBT) and Solutions Focused Therapy. Orchestra X Providers are trained in several modalities of Trauma Recovery.</p> <p>Many of our Providers are Certified Substance Abuse Counselors and recovery from addiction is foundational to our Recovery Mission at Orchestra X. You will receive care through all stages of Substance Use Recovery in a supportive caring therapeutic environment.</p> <p>We provide a wide range of skills-based development services with specializations in housing, education, medication management and physical health monitoring. In partnership with Chrysalis, we provide cutting- edge employment services. We also provide Service Facilitation, individual and family psychoeducation, as well as Peer Support Services.</p> <p>At Orchestra X we commit to meeting and engaging you where you are. We will walk alongside you to achieve your goals, realize your dreams, and become your best.</p>	

ORION FAMILY SERVICES

<p>4726 E. TOWNE BLVD. MADISON, WI 53704 <i>Wheelchair Accessible</i></p> <p>26 SCHROEDER CT. STE 210 MADISON, WI 53711 <i>Wheelchair Accessible</i></p>	<p>Telephone: (608) 270-2511</p> <p>Fax: (608) 270-0467</p> <p>Website: www.orionfamilyservices.org</p>
<p>Services Provided:</p> <ul style="list-style-type: none"> * SERVICE FACILITATION (assessment/planning) * Individual and/or Family Psychoeducation * Individual Skill Development and Enhancement * Psychotherapy 	<p>Ages Served: Birth - 85+</p> <p>Service Location: Home, Office, Other Place of Service</p> <p>Service Limitations: We would be unwilling to serve consumers who present a safety threat to Orion Staff</p> <p>Languages: Albanian</p> <p>State Certification: DHS 35 Certified</p>
<p>Service Description</p> <p>Orion Family Services is a private, nonprofit organization providing compassionate mental health services to children, adolescents, adults, couples, and families across Wisconsin. We offer outpatient, telehealth, and in-home therapy, along with essential outreach services such as Service Facilitation, Psychoeducation/Parent Support, and Individual Skill Development.</p> <ul style="list-style-type: none"> - Outpatient Therapy: Our outpatient program is designed to meet the diverse needs of individuals and families, offering treatment for children, adolescents, adults, and couples. We also provide outpatient substance abuse treatment, tailored to meet the specific needs of each client. - In-Home Therapy: The In-Home Therapy program focuses on children and adolescents who are experiencing severe emotional, behavioral, or social difficulties at home, in school, or in the community. Services can be provided to an individual and/or family. This approach promotes improved individual and family functioning. - Psychoeducation: Orion also offers parenting skills education, which can be incorporated into treatment through a structured curriculum—such as our Parent Skill Builder Program—or provided informally based on the family's needs. - Individual Skill Development: Our team of skill development providers can provide services in the home, office, school, or community to best meet the needs of the client. They are focused on helping the client build and implement essential skills within the client's natural environment. - Service Facilitation: Orion has a dedicated team of Service Facilitators to help assess client strengths and needs and connect individuals to services that help them reach their identified goals. <p>Our clinicians are trained in Trauma-Focused Cognitive Behavioral Therapy (TF-CBT), an evidence-based model proven effective in helping children and teens heal from trauma and reduce related emotional and behavioral issues.</p>	

OUR GENERATIONS INC

<p>1955 W. BROADWAY STE 104 MADISON, WI 53713</p>	<p>Telephone: (608) 217-2650 Fax: (608) 405-5107 Website: www.generationstherapy.org</p>
<p>Services Provided:</p> <ul style="list-style-type: none"> * SERVICE FACILITATION (assessment/planning) * Employment-Related Skill Training * Individual and/or Family Psychoeducation * Individual Skill Development and Enhancement * Peer Support * Physical Health Monitoring * Psychotherapy * Substance Abuse Treatment * Wellness Management and Recovery/Recovery Support Services 	<p>Ages Served: 4 - 85+</p> <p>Service Location: Home, Office, Other Place of Service</p> <p>Service Limitations:</p> <p>Languages: Gujarati</p> <p>State Certification: DHS 35 Certified</p>
<p>Service Description We are honored to be providing services to individual adults and children, as well as families. Skilled professionals are trained and licensed to provide marriage and family therapy, substance abuse counseling, and therapy for mental health concerns such as anxiety, depression, ADHD/ADD, bipolar disorder and trauma and not limited to these. We are an outpatient mental health clinic that offers culturally specific services for communities of color where they can feel safe, be heard, and be seen.</p>	

RADIANT MINDS BEHAVIORAL HEALTH SERVICES, LLC

<p>1410 GREENWAY Cross STE 102 MADISON, WI 53713</p>	<p>Telephone: (608) 217-0438 Fax: (608) 420-3335 Website: www.radiantmindsbh.com</p>
<p>Services Provided:</p> <ul style="list-style-type: none"> * SERVICE FACILITATION (assessment/planning) * Diagnostic Evaluations * Employment-Related Skill Training * Individual and/or Family Psychoeducation * Individual Skill Development and Enhancement * Medication Management * Physical Health Monitoring * Wellness Management and Recovery/Recovery Support Services 	<p>Ages Served: 4 - 85+</p> <p>Service Location: Home, Office, Other Place of Service</p> <p>Service Limitations:</p>
<p>Service Description At Radiant Minds Behavioral Health Services, LLC, we offer a comprehensive range of client-centered services designed to support individuals in achieving their goals and improving their overall well-being. Our services include:</p> <ol style="list-style-type: none"> 1. Screening and Assessment: Includes conducting thorough assessments to understand each individual's unique needs, strengths, and challenges. This helps us tailor our services to their specific requirements. 2. Service Planning: Based on the assessment results, we develop personalized service plans that outline the goals, strategies, and resources needed to support our clients on their journey to success. 3. Service Facilitation: Our team will coordinate and connect clients with the appropriate services, resources, and support, ensuring a seamless and efficient process. 4. Individual Skill Development and Enhancement: Our agency offers skill-building programs and workshops that empower clients to acquire and refine essential life skills, enhancing their self-sufficiency and independence. 5. Employment-Related Skill Training: Our agency provides specialized training to help clients develop the skills and knowledge needed to succeed in the workforce. This includes resume building, interview preparation, job search strategies, and more. <p>Our commitment is to assist individuals in reaching their full potential, promoting self-determination, and fostering a sense of empowerment in the pursuit of their life goals</p>	

<p>2120 FORDEM Avenue MADISON, WI 54704</p>	<p>Telephone: (608) 250-6634 Fax: (608) 250-6637 Website: www.risewisconsin.org</p>
<p>Services Provided:</p> <ul style="list-style-type: none"> * SERVICE FACILITATION (assessment/planning) * Diagnostic Evaluations * Individual and/or Family Psychoeducation * Individual Skill Development and Enhancement * Psychotherapy * Wellness Management and Recovery/Recovery Support Services 	<p>Ages Served: 4 - 49</p> <p>Service Location: Home, Office, Other Place of Service</p> <p>Service Limitations: We do not currently have a psychiatrist on site, but we are well connected to psychiatrists in the community and are prepared to help link you with this service.</p>
<p>Service Description</p> <p>RISE has a long history of providing a variety of community-based wraparound services. We value voice and choice and will meet participants where they are at. Our providers incorporate trauma-informed practices throughout their work with individuals and families and seek out opportunities to collaborate. Our Service Facilitators are skilled at walking along side participants, utilizing strengths to address challenges, and fostering empowerment.</p> <p>Through our partnership with Chrysalis, we can connect participants with person-centered pre-employment and employment support. Whether you are ready for employment or in the beginning stages of career exploration, we will work closely with your team to provide support, encouragement and guidance.</p> <p>Our therapists can also collaborate with individuals and families and their recovery team to develop a Wellness Maintenance Plan. The Wellness Maintenance Plan provides a roadmap for responding to participant's distress and ensure that team members are responding effectively and consistently across different settings The goal of the Wellness Maintenance Plan is to support a participant and their support system in reducing the frequency, duration, and intensity of target behaviors, intervening in situations before they reach the point of crisis, and increasing the amount of time a participant spends calm, content, and regulated.</p>	

SOAR CASE MANAGEMENT SERVICES, INC

**4513 MILWAUKEE STREET
MADISON, WI 53714
*Wheelchair Accessible***

Telephone: (608) 287-0839
Fax: (608) 287-0840
Website: www.soarcms.org

Services Provided:

- * SERVICE FACILITATION (assessment/planning)
- * Individual and/or Family Psychoeducation
- * Individual Skill Development and Enhancement
- * Medication Management
- * Peer Support
- * Physical Health Monitoring
- * Psychotherapy

Ages Served: 18 - 85+
Service Location: Home, Office, Other Place of Service
Service Limitations:
Languages: Spanish
State Certification: DHS 35 Certified

Service Description

SOAR is a consumer operated non-profit, recovery based provider of community mental health services. SOAR was founded in 1997 on the belief that mental health consumers can and will recover if they are given the tools to become self-sufficient and follow their hopes and dreams. SOAR's mission is to assist consumers in developing their capabilities, talents, and aspirations in a culturally responsive, trauma-informed, and recovery oriented manner. SOAR's approach to case management has always put a strong emphasis on peer support as a primary component of the service delivery continuum. Currently, the majority of SOAR's staff identify as mental health consumers. Furthermore, 100% of SOAR's Board of Directors identify as mental health consumers. This in-depth understanding of the mental health and substance use systems, both from a consumer and clinician stance, ensures that consumers at SOAR remain the drivers of their own treatment and recovery.

SOAR Programs:

Case Management: At its core, SOAR's Service Facilitation services rely on the principles of self-determination, autonomy, empowerment, respect, and collaboration to tailor individualized community based treatment for adults living with mental health and substance use issues. Our solution-focused, holistic approach to case management puts consumers first and understands that each person is the "expert" of their own experience. Our case managers seek to understand the unique life experiences, successes, and challenges of each consumer and work in a culturally responsive, trauma informed manner with consumers on their recovery journey. Service Facilitators work to coordinate and provide a wide array of office and community based services including:

- Housing Support/Assistance
- Crisis Management
- SSA Benefit Management
- Psychiatry Referral/Coordination
- Physical/Dental Health Needs
- Individual and Group Therapy/Counseling Services
- Medication Management
- Peer Support Services
- Daily Living Skills
- Money Management

Psychiatry Clinic: SOAR's OHS CH. 35 Outpatient Psychiatry Clinic provides prescriber services to individuals in Madison and the surrounding Dane County Area who are living with mental illness and/or substance use concerns and are either enrolled in CCS or who have Medicaid. Our Psychiatrist works directly with our consumers and their case managers in a collaborative, holistic manner to find creative solutions to individual challenges and concerns.

Peer Support: SOAR also offers community based Certified Peer Specialist services in one-on-one or group settings. Our Wisconsin certified peers have the ability to lend unique insights and support to consumers living with mental illness and substance use concerns. SOAR sees Peers as an integral part of consumers' treatment team during their recovery journey.

Peer Lead Groups: SOAR peers also facilitate two community groups (do not need to be in CCS to attend).

Queer Alternatives to Suicide: Lead in collaboration with OutReach
Every Tuesday 4:30-6pm. OutReach LGBTQ+ Community Center, Suite 104

Living Madly & Beyond: Meetings alternate weekly between Tuesdays 3-4:30pm and Thursdays 4-5:30pm. Meetings via Zoom, email nzeo@soarcms.org for info/link

SONDERCOVE WELLNESS LLC

<p>5315 LONG Street MCFARLAND, WI 53558</p>	<p>Telephone: (608) 332-7750 Fax: Website: www.sondercovewellness.com</p>
<p>Services Provided:</p> <ul style="list-style-type: none"> * SERVICE FACILITATION (assessment/planning) * Employment-Related Skill Training * Individual and/or Family Psychoeducation * Individual Skill Development and Enhancement * Medication Management * Peer Support * Physical Health Monitoring * Psychotherapy * Wellness Management and Recovery/Recovery Support Services 	<p>Ages Served: Birth - 74</p> <p>Service Location: Home, Office, Other Place of Service</p> <p>Service Limitations:</p>
<p>Service Description</p> <p>At Sondercove Wellness, we believe in the transformative power of community-driven support, especially for Black families and individuals within Dane County. Our mission is to uplift and empower historically marginalized communities by offering tailored, culturally relevant services that address the unique challenges faced by Black families and those living at the intersection of multiple marginalized identities, including race, gender, socioeconomic status, and more.</p> <p>Peer Support Services – A Pathway to Healing Through Connection</p> <p>Our Peer Support Specialists are at the heart of what makes Sondercove unique. They are individuals with lived experiences in mental health challenges, substance use recovery, and navigating systemic barriers, offering a level of empathy, understanding, and authenticity that traditional clinical roles may not provide. By walking alongside clients on their journey, our Peer Support Specialists foster relationships built on trust, mutual respect, and shared experience. We value the power of lived experience, and we honor the diverse pathways individuals take toward recovery and wellness.</p> <p>What Peer Support Offers:</p> <ul style="list-style-type: none"> ? Multiple Pathways to Recovery: We recognize that there is no “one-size-fits-all” approach to recovery. Whether through therapy, support groups, spiritual practices, or community involvement, we support each person’s chosen path and celebrate their unique journey. ? Person-Centered Approaches: Each individual’s needs, goals, and strengths are the focus of our work. We respect clients as experts in their own lives and provide support that honors their autonomy, helping them navigate challenges in ways that are meaningful to them. ? Trauma-Informed Care: Many of our clients have faced significant adversity, from systemic discrimination to personal traumas. At Sondercove, we approach every individual with empathy, recognizing the lasting impacts of trauma and fostering a safe, non-judgmental environment that prioritizes healing and recovery. ? Strength-Based Support: We don’t just focus on problems—our goal is to uplift and highlight the strengths of our clients. By focusing on resilience, we help individuals build upon their inherent abilities and navigate their recovery from a place of empowerment and self-determination. <p>At Sondercove Wellness, we are more than a wellness service—we are a community, committed to helping Black families and all marginalized individuals in Dane County thrive by creating pathways to recovery, health, and well-being that honor their identities, lived experiences, and strengths.</p>	

STEAMING AHEAD WITH HEALTH INTERVENTIONS, LLC

<p>1955 W BROADWAY Street STE 105 MONONA, WI 53713 <i>Wheelchair Accessible</i></p>	<p>Telephone: (608) 421-8386 Fax: (608) 467-9635 Website: www.steamingaheadhi.com</p>
<p>Services Provided:</p> <ul style="list-style-type: none"> * SERVICE FACILITATION (assessment/planning) * Diagnostic Evaluations * Employment-Related Skill Training * Individual and/or Family Psychoeducation * Individual Skill Development and Enhancement * Medication Management * Physical Health Monitoring * Psychotherapy * Substance Abuse Treatment * Wellness Management and Recovery/Recovery Support Services 	<p>Ages Served: 4 - 17</p> <p>Service Location: Home, Office, Other Place of Service</p> <p>Service Limitations:</p>
<p>Service Description Steaming Ahead with Health Interventions uses various forms of science, technology, engineering, arts, and mathematics to teach and learn coping skills to youth.</p>	

STEP TIME, INC.

<p>2984 TRIVERTON PIKE Drive STE 101 FITCHBURG, WI 53711</p> <p>2984 TRIVERTON PIKE Drive STE 207 FITCHBURG, WI 53711 <i>Wheelchair Accessible</i></p>	<p>Telephone: (608) 286-1037 Fax: (608) 561-8744 Website: www.steptimeinc2022.net</p>
<p>Services Provided:</p> <ul style="list-style-type: none"> * SERVICE FACILITATION (assessment/planning) * Employment-Related Skill Training * Individual and/or Family Psychoeducation * Individual Skill Development and Enhancement * Medication Management * Psychotherapy * Substance Abuse Treatment * Wellness Management and Recovery/Recovery Support Services 	<p>Ages Served: 4 - 85+</p> <p>Service Location: Office, Other Place of Service</p> <p>Service Limitations: Unable to serve consumers in their homes</p> <p>Languages: Cantonese, Mandarin</p>
<p>Service Description Step Time is a culturally aware outpatient facility that focuses on the client's present condition but also the past and how the client arrived here. We are an inclusive business, "ALL ARE WELCOME HERE!" Step Time is a Service Facilitation and Array agency that specializes in mental health, psychoeducation, psychotherapy, and SUD treatment. "We are a place for healing." Our clinicians have experience in various areas and will strive to ensure you receive the best and most comprehensive care. We walk with you on your recovery journey!! Our agency has a number of skill-based development specializations including but not limited to, housing employment, Substance use disorders, and medication management. Our moto is: Faith is the substance of things hoped for and the evidence of things not seen." We strive to make a difference in the lives of people who may have lost their way. We make a difference, we listen, we advocate, and we ensure our clients are heard!!</p> <p>We look forward to helping you on your journey of discovery!!!</p>	

<p>300 Femrite Drive Monona, WI 53716</p> <p>702 W MAIN Street MADISON, WI 53715</p> <p>4915 MONONA DRIVE MONONA, WI 53716</p>	<p>715 RETHKE TERRACE MADISON, WI 53714</p> <p>Telephone: (608) 663-2120</p> <p>Fax: (608) 222-6694</p> <p>Website: www.tellurian.org</p>
<p>Services Provided:</p> <ul style="list-style-type: none"> * SERVICE FACILITATION (assessment/planning) * Employment-Related Skill Training * Individual and/or Family Psychoeducation * Individual Skill Development and Enhancement * Medication Management * Peer Support * Physical Health Monitoring * Psychotherapy * Substance Abuse Treatment * Wellness Management and Recovery/Recovery Support Services 	<p>Ages Served: 18 - 85+</p> <p>Service Location: Home, Office, Other Place of Service</p> <p>Service Limitations:</p>
<p>Service Description</p> <p>At Tellurian, we have over 50 years' experience providing services to adults living with mental health and/or substance use challenges. We understand that everyone's path to recovery is unique, and we work to provide services that are tailored to the individual's needs and wants. Tellurian CCS Programs:</p> <p>Community Intervention Team (CIT) - Service Facilitation team which is proud to provide individualized, strengths-based, and trauma-informed support to adults with mental health and/or substance use issues. Services include: crisis stabilization, medication management, money management, housing coordination, and Activities of Daily Living (AOL) skills. *Individuals connected with CIT may be able to utilize Psychiatry services depending on availability.</p> <p>Outpatient Services - Our dually trained therapists at our Outpatient offices in Monona provide a wide array of counseling and assessment services for individuals with substances use and/or mental health issues. Our team provides individual, group, and/or family counseling when appropriate. Outpatient also has experienced psychiatry services available.</p> <p>Peer Advocate in Recovery (PAIR) - The PAIR Team provides community-based peer support services. We offer a team of diverse certified peer specialists, who can work side by side with individuals while assisting their peers in articulating their goals for recovery, learning and practicing new skills, helping them monitor their progress, supporting them in their treatment, modeling effective coping techniques and self-help strategies.</p> <p>Enso - Provides on-site Service Facilitation and array services (Individual Skill Development and Enhancement, Physical Health Monitoring, and Wellness Management and Recovery/Recovery Services) to individuals residing at 715 Rethke Avenue, which is a 60-unit Supportive Housing program. The team is proud to provide individualized, strengths-based, and trauma-informed support to adults with mental health, substances use, and/or housing instability. Services include: crisis stabilization, medication management, money management, housing support and coordination, and Activities of Daily Living (ADL) skills.</p>	

THE HMONG INSTITUTE INCORPORATED

<p>4402 FEMRITE Drive MADISON, WI 53716 <i>Wheelchair Accessible</i></p>	<p>Telephone: (608) 692-8918 Fax: (608) 222-4903 Website: www.thehmonginstitute.org</p>
<p>Services Provided:</p> <ul style="list-style-type: none"> * SERVICE FACILITATION (assessment/planning) * Employment-Related Skill Training * Individual and/or Family Psychoeducation * Individual Skill Development and Enhancement * Medication Management * Peer Support * Physical Health Monitoring * Psychotherapy * Wellness Management and Recovery/Recovery Support Services 	<p>Ages Served: 4 - 85+</p> <p>Service Location: Home, Office, Other Place of Service</p> <p>Service Limitations:</p> <p>Languages: Hmong, Nepalese</p>
<p>Service Description We provide culturally and linguistically responsive services to Southeast and East Asian clients. We provide nontraditional psychosocial rehabilitative services such as the use of a monk, soul caller, or shaman to perform spiritual ceremony to unite the body and soul. These nontraditional services help restore the client's functional capabilities and increase community living ability as well as the ability to carry out activities associated with daily living. Service facilitation activities that we ensure the member receives are: bilingual assessment services, service planning, service delivery and supportive activities. We also provide psychotherapy, psychoeducation, and peer support services to promote wellness and self-direction, including individual skill development and enhancement services for problem solving, decision-making, self- regulation, daily living skills related to personal care, household tasks, financial management, and connecting to community resources and services.</p>	

THE PSYCHOLOGY CLINIC, INC.

<p>2985 TRIVERTON PIKE Drive STE 201 FITCHBURG, WI 53711 <i>Wheelchair Accessible</i></p> <p>702 N BLACKHAWK Avenue STE 212 MADISON, WI 53705 <i>Wheelchair Accessible</i></p>	<p>Telephone: (608) 238-9991 Fax: (608) 284-7482 Website: www.thepsychologyclinicinc.com</p>
<p>Services Provided:</p> <ul style="list-style-type: none"> * SERVICE FACILITATION (assessment/planning) * Diagnostic Evaluations * Employment-Related Skill Training * Individual and/or Family Psychoeducation * Individual Skill Development and Enhancement * Medication Management * Physical Health Monitoring * Psychotherapy * Substance Abuse Treatment * Wellness Management and Recovery/Recovery Support Services 	<p>Ages Served: 4 - 85+</p> <p>Service Location: Home, Office, Other Place of Service</p> <p>Service Limitations:</p> <p>Languages: American Sign Language, Bulgarian, French, German, Macedonian, Mandarin, Russian, Serbian, Turkish</p> <p>State Certification: DHS 35 Certified DHS 75.49 Certified</p>
<p>Service Description</p> <p>The Psychology Clinic, Inc., is a multifaceted outpatient mental health clinic serving children, adolescents and adults. Our staff have extensive experience in crisis intervention services and we specialize in working with clients with complex mental health and situational needs. Some service array providers are also able to meet outside of regular business hours to meet consumers' mental health needs while continuing to meet their other demands. We have assembled a multidisciplinary team to provide a broad range of traditional and innovative professional services. Staff will be providing a variety of trauma informed approaches to services, including somatic experiencing, DBT, EMDR, IFS, TF-CBT, trauma informed weight lifting and yoga, medication management, and more. We have developed an approach that is designed to be responsive to people's needs in a wide variety of circumstances.</p> <p>Services Include:</p> <ul style="list-style-type: none"> - Culturally-sensitive psychotherapy for individuals, couples, families and groups. We work with clients wherever it is most effective do so – in our office or in their homes. We encourage clients to take an active role in shaping their counseling treatment plans and provide a variety of different approaches to meet consumer's individual needs and goals. - Service facilitation for children, adolescents and adults. We pride ourselves in providing responsive, compassionate and individualized case management services. - Medication management with prescribing for youth and adults with experience including first episode psychosis and co-occurring disorders. - Diagnostic Evaluations performed in a thorough and timely manner. - Psychoeducation for children, adolescents and adults provided in a setting designed to maximize effective learning for clients and families. This is provided to natural supports of consumers, with permission, to improve outcomes with support outside of treatment settings. This is also offered to families to improve understanding of their children's needs and how to advocate for them in educational settings. - Family/Individual skill development and enhancement services for various needs including (but not limited to) organization, coping skills, social skills, community resources, employment seeking, time management, mental focus, emotional regulation, and problem-solving. - Wellness management and recovery support services for clients of all ages. 	

TRIQUESTRIAN LLC

<p>996 STORYTOWN ROAD BROOKLYN, WI 53521</p> <p>6410 ENTERPRISE Lane STE 210 MADISON, WI 53719 <i>Wheelchair Accessible</i></p>	<p>Telephone: (608) 400-3672 Fax: (608) 422-4006 Website: www.triquestrian.com</p>
<p>Services Provided:</p> <ul style="list-style-type: none"> * SERVICE FACILITATION (assessment/planning) * Individual and/or Family Psychoeducation * Individual Skill Development and Enhancement * Peer Support * Psychotherapy * Substance Abuse Treatment * Wellness Management and Recovery/Recovery Support Services 	<p>Ages Served: 4 - 85+</p> <p>Service Location: Home, Office, Other Place of Service</p> <p>Service Limitations:</p> <p>Languages: Mandarin, Spanish</p> <p>State Certification: DHS 75.50 Certified</p>
<p>Service Description</p> <p>Office Based Services: Triquestrian provides traditional office-based psychotherapy for children age 6 and up, adolescents and adults. All of our services incorporate Natural Lifemanship principles to create opportunities for safe, connected relationships. Our skilled therapists work with a variety of mental health and substance use issues including but not limited to Anxiety, Depression, Bi-Polar Disorder, Eating Disorders, Substance Use Disorders, Borderline Personality Disorder, and Trauma. We tailor our services to meet the needs of each person we are working with utilizing CBT, DBT, Motivational Interviewing, Somatic Experiencing, EMDR, and a variety of other approaches. We also provide Individual Skill Development and Enhancement, Individual and/or Family Psychoeducation, Peer Support, Psychotherapy, Substance Abuse Treatment and Wellness Management and Recovery/Recovery Support Services. Triquestrian also provides Service Facilitation services helping connect individuals with resources in the community. Our Service Facilitators will work directly with the individual to identify goals and develop plans that fit their needs to reach their goals.</p> <p>Farm Based Services: Triquestrian also provides Psychotherapy and Skill Development incorporating horses. We focus on providing participants with opportunities for growth and learning through connection and relationship building with horses. We utilize Natural Lifemanship's Trauma Focused – Equine Assisted Psychotherapy (TF-EAP™). TF-EAP™ is based on the neuroscience of human and horse brain development, the impact of trauma, and the role of relationships in recovery and healing. It is principle based with a focus on assisting participants to create new neural pathways while learning regulation strategies in a trauma focused approach. TF-EAP™ Relationship Logic™ services focus on developing healthy relationship patterns by building a relationship with a horse focused on felt sense of safety, regulation, and connection for all. No riding is involved and no horse experience is required. Our TF-EAP™ Rhythmic Riding program focuses on helping participants deepen their sense of connection with themselves and their horse while experiencing somatosensory input through bottom-up regulation thereby creating and strengthening neural pathways.</p>	

TRUE BELIEVERS, LLC

<p>2976 TRIVERTON PIKE DRIVE STE 207 FITCHBURG, WI 53711</p>	<p>Telephone: (608) 826-7448 Fax: (608) 465-4021 Website: www.true-believers.net</p>
<p>Services Provided:</p> <ul style="list-style-type: none"> * SERVICE FACILITATION (assessment/planning) * Employment-Related Skill Training * Individual and/or Family Psychoeducation * Individual Skill Development and Enhancement * Medication Management * Physical Health Monitoring * Psychotherapy * Substance Abuse Treatment * Wellness Management and Recovery/Recovery Support Services 	<p>Ages Served: 13 - 79</p> <p>Service Location: Home, Office, Other Place of Service</p> <p>Service Limitations:</p> <p>State Certification: DHS 35 Certified</p>
<p>Service Description</p> <p>True Believers LLC, licensed by the State of Wisconsin (DHS) as a DHS 75.50 outpatient integrated behavioral health treatment clinic, we are committed to treating our consumers with dignity and respect. We meet people where they are and help them to achieve optimal living and well-being by addressing their needs and barriers. Our experienced staff includes licensed medical doctors, substance abuse professionals, licensed professional counselors, qualified trainees, and master's degree mental health providers with more than 25 years of experience. Our staff collaboratively with clients, developing individualized recovery plans that address various aspects of their lives, including mental health, physical health, social connections, and daily living skills. We believe in empowering clients to take an active role in their recovery journey, providing guidance and advocacy to navigate complex systems and access necessary resources.</p> <p>In addition to our Service Facilitation, True Believers LLC offers a wide spectrum of specialized CCS service arrays, including:</p> <p>Psychotherapy: We provide individual and group therapy services delivered by licensed therapists specializing in various therapeutic modalities. Our aim is to support clients in addressing mental health challenges, developing coping mechanisms, and fostering emotional well-being.</p> <p>Individual Skills Development (ISD): This service focuses on equipping clients with essential life skills necessary for independent living. Our ISD specialists work with clients on areas such as budgeting, household management, social skills, problem-solving, and self-advocacy.</p> <p>Employment-Related ISD: Recognizing the importance of meaningful employment, we offer specialized ISD services geared towards vocational support. This includes assistance with job searching, resume building, interview preparation, workplace social skills, and job retention strategies, helping clients secure and maintain employment.</p> <p>Housing Services: Stable and safe housing is fundamental to overall well-being. True Believers LLC assists clients in securing and maintaining appropriate housing options. This may include help with housing searches, rental applications, understanding lease agreements, and connecting clients with housing resources and support programs.</p> <p>At True Believers LLC, our commitment extends beyond providing services; we strive to build a supportive community where every individual feels valued and empowered to achieve their full potential. We continuously adapt our programs and services to meet the evolving needs of Dane County residents, ensuring that our support remains relevant, effective, and accessible.</p>	

WISCONSIN FAMILY MENTAL BALANCE LLC

<p>555 D'ONOFRIO Drive STE 201 MADISON, WI 53719 <i>Wheelchair Accessible</i></p> <p>4710 E BROADWAY Street STE 140 MADISON, WI 53716 <i>Wheelchair Accessible</i></p>	<p>Telephone: (608) 820-1395 Fax: (608) 821-4351 Website: www.wisconsinfamilymentalbalance.com</p>
<p>Services Provided:</p> <ul style="list-style-type: none"> * SERVICE FACILITATION (assessment/planning) * Diagnostic Evaluations * Employment-Related Skill Training * Individual and/or Family Psychoeducation * Individual Skill Development and Enhancement * Medication Management * Peer Support * Physical Health Monitoring * Psychotherapy * Substance Abuse Treatment * Wellness Management and Recovery/Recovery Support Services 	<p>Ages Served: 4 - 85+</p> <p>Service Location: Office</p> <p>Service Limitations:</p> <p>Languages: French, Spanish, Turkish</p>
<p>Service Description</p> <p>At Wisconsin Family Mental Balance (WFMB), we are dedicated to empowering individuals and families through our specialized programs in behavioral modification, anger management, and financial literacy. Our comprehensive approach promotes personal growth, emotional well-being, and financial stability.</p> <ol style="list-style-type: none"> 1. Behavioral Modification: Our experienced team employs techniques to assist clients in identifying and transforming negative behaviors. Through personalized assessments and targeted strategies, we help individuals cultivate healthier habits that lead to positive life changes. 2. Anger Management: We recognize the importance of managing anger for maintaining healthy relationships and overall well-being. Our anger management programs provide practical tools and coping strategies to help clients express their emotions effectively and navigate challenging situations with calmness and resilience. 3. Financial Literacy: In an increasingly complex financial world, understanding money management is essential. Our financial literacy workshops cover key topics such as budgeting, saving, investing, and responsible spending. We equip individuals with the knowledge and skills necessary to make informed financial decisions and achieve their financial goals. <p>At WFMB, we are committed to supporting you on your journey toward a more balanced and fulfilling life. Whether you seek to transform your behavior, manage your emotions, or enhance your financial knowledge, we are here to help.</p>	