



# ASKING FOR HELP IS POWERFUL

## FREE Counseling Services

The YMCA's Counseling and Well-Being Services team consist of licensed and pre-licensed professionals dedicated to helping you on your journey to healing. Our culturally diverse team includes counselors who specialize in multiple evidence-based approaches. Our goal is to provide a safe environment of unconditional support, understanding, and compassion.

From anxiety and depression to trauma and post-traumatic stress disorder, our counselors are prepared to assist in your journey toward recovery. We are passionate about providing comprehensive, quality care. If you or someone you know could benefit from our services, please don't hesitate to reach out. Remember asking for help is powerful.

**When YOU are ready, WE are here.**

### Counselors are available by appointment only:

Monday - Tuesday • 9:00am-8:00pm

Friday • 9:00am-4:00pm

Saturday • 9:00am-1:00pm

Please call 210-796-3732 or snap the code below to schedule a consultation.



### FREE SERVICES

YMCA counselors provide services for ages 12 - 19 and their families.

- Couples and Marriage Counseling
- Individual and Group Counseling
- Parent/Child Issues
- Family Counseling
- Counseling for Seniors
- Multicultural Counseling
- Coping with Feelings of Depression and/or Anxiety
- PTSD
- Grief Counseling and Support
- Divorce
- Trauma
- Stress Management
- Telehealth Available
- Se Habla Español

### Locations:

- Davis - Scott Family YMCA • 1213 Iowa, SA, TX 78203
- Harvey E. Najim Family YMCA • 3122 Roosevelt Ave., SA, TX 78214
- Walzem Family YMCA • 5538 Walzem Rd, SA, TX 7828
- Westside Family YMCA 2900 Ruiz St., SA, TX 78228
- Y Living Center • 835 W. Southcross Blvd, SA, TX 78211



**METROPOLITAN HEALTH DISTRICT**

In addition to our counseling services, we also offer support groups, workshops, seminars, and special events designed to help people learn more about mental health and develop effective coping strategies.