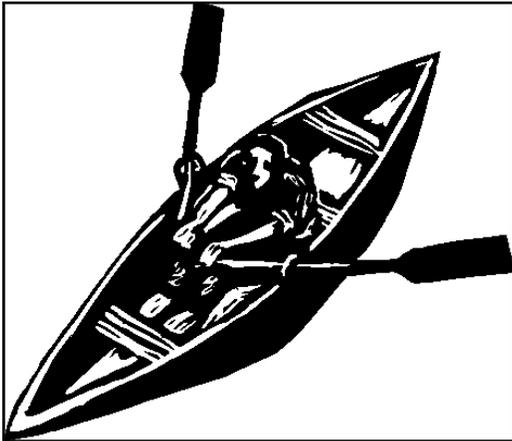


Counseling to help pre-teens, adolescents and young adults navigate their way through middle school, high school and beyond!

- College Planning**
- Communication with Parents & Teachers**
- Life-Mapping**
- Career Exploration**



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Career, College & Life Counseling

for Teens
& Young Adults



Life has many opportunities, but sometimes it's hard to know where to find them!

Getting your life started as a student or young adult sometimes feels full of promise and possibility, but also can be overwhelming.

You face complex decisions that may chart the course for your future. Already you're occupied with figuring out how to support yourself, and managing your relationships with friends and family keeps you busy. Plus there's your love life... and trying to have fun somewhere along the way.



Dealing with time pressures and responsibilities requires personal qualities and strengths that you may still be developing.

The dynamic and challenging time of life for teenagers and young adults is very exciting. It's possible to channel your energy to keep things moving forward in the healthy and positive direction you want to go.

Counseling offers the support, guidance and direction you need to find all the success you want to achieve in your future. Together we define goals and identify how you can attain them. Counselors use an approach that creates the best outcome in a short amount of time. We focus on solutions, not just problems.

Adolescents often need strategies for academic success. It's not unusual to struggle to find common ground with parents, even to encounter problems in dealing with other kids. Yet with the right help, most teens achieve their goals in school and go on to satisfying jobs and enjoyable lives.

Unless someone like you cares a whole awful lot,
nothing is going to get better. It's not.

-Dr. Seuss

Progress is possible! Counseling can help you with navigating adolescence, the process of applying to college or exploring other paths through technical schools and career alternatives.

Counselors are also there for you whenever you need to talk things out when it comes to dealing with a wide variety of problems, including relationship trouble, low self-esteem, procrastination or overwhelm.

Counseling also helps in these ways:

- Identify and clarify your interests, values, strengths and priorities
- Guides you through episodes of stress and pressure
- Understand how your family has influenced you



• Create a personal vision and an action plan for success

• Keep you on track and following through on your next steps