



Families First Counseling

Are you or your child feeling overwhelmed or experiencing issues with any of the following?

- Trauma
- Aggression
- Stress
- Sadness
- Grief and Loss
- Coping with COVID-19
- Anxiety
- Depression
- Irritability
- Social Isolation

Families First TeleHealth Virtual Counseling Services are now available through secure video or telephone. We offer counseling services to those with and without insurance. A **sliding scale** is available to individuals who might need financial assistance.

Our counselors are professional clinicians who offer non-judgmental, empathic mental health care and support:

- Child-centered
- Family-focused
- Adult-supporting

To request a counseling appointment or get more information contact us at:

404-853-2844 | counseling@familiesfirst.org

**Families
First**