

**FREE DEPRESSION SCREENING  
CALL TODAY!  
(941) 429-3721**

**6919 Outreach Way, 2nd Floor  
Family Service Center  
North Port, FL 34287  
(941) 429-3721**

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**698 S. Tamiami Trail  
Osprey, FL 34229  
(941) 412-4228**

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**4055 S. Tamiami Trail  
Omni Executive Center  
Port Charlotte, FL 33952  
(941) 875-9291**

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501© 3 Non-Profit Organization  
DCF Licensed Substance Abuse Agency  
DUI Schools Provider



**Tri-County Counseling &  
Life Skills Center, Inc  
6919 Outreach Way 2nd Floor  
North Port, FL 34287**

**FAMILY, INDIVIDUAL, COUPLES  
& CRISIS COUNSELING**

**SUBSTANCE ABUSE**

**LIFE SKILLS**

**YOUTH PROGRAMS**

**PARENTING SKILLS**

**E-mail: [tri-countycounseling@hotmail.com](mailto:tri-countycounseling@hotmail.com)**

## SUBSTANCE ABUSE

We sincerely believe that people can overcome their dependence on any substance, and that most of us cannot accomplish this by ourselves. If we could, we wouldn't have gotten into unhealthy situations in the first place.

Some of us lack the skills necessary to gain or regain control over our lives, and will continue our self-destructive ways until taught otherwise. Our experienced counselors begin by analyzing the origins of your negative attitudes and behaviors, and why they continue. We then help you identify what you need to change, and assist you through the change process. Ultimately, you will live a happier, healthier life without the use of mind and mood altering substances.

We also provide awareness of other substances that create a mind-body imbalance, such as caffeine, nicotine, sugar and prescription medications, as well as certain foods that affect our emotional and physical stability.

We offer individual as well as group treatment for substance abuse problems. Substance abuse treatment is based around a behavior modification process. To be effective, treatment must address the individual's drug use and any associated medical, psychological, social, vocational, and legal problems.

## MENTAL HEALTH

### **FAMILY COUNSELING**

A healthy family is akin to a finely-tuned engine. When preventive maintenance is applied it functions smoothly. When it isn't, the family fails to perform as required. We help you develop your family's personalized preventive maintenance plan.

### **INDIVIDUAL COUNSELING**

All of us experience and overcome emotional stress at various times throughout our lifespan. That's part of the human drama. However, repeated stress or trauma can create situations that require professional intervention. We will help you identify the root causes of your emotional imbalances.

### **COUPLES COUNSELING**

Most of us can readily identify what it is that our partner should do to make us feel more secure in our relationship. It is our responsibility to identify these needs, take actions to meet them, and ask our partner's support.

### **CRISIS COUNSELING**

Today our lives are filled with many demands. When things seem overwhelming a crisis occurs that can spin our lives out of control. If a crisis is not resolved in a healthy manner, the experience can lead to more lasting psychological, social and medical problems.

## LIFE SKILLS



### **YOUTH PROGRAMS**

An investment in our youth is an investment in the future. We provide the skills necessary to become a well rounded individual.

### **PARENTING SKILLS**

What is an "effective" parent? (That's a tough question to answer). Am I an effective parent? (I don't know). Can I learn to become one? (Yes, of course). Our staff will help you become a more effective parent.

### **LIFE SKILLS**

Most of us need a road map or a GPS to guide us through unfamiliar territory. Without these aids we tend to veer off course, become lost and perhaps become so frustrated that we abandon our quest. Personal and professional goals guide us through our lives, ensuring that we remain on track. We will help you create your personal road map.