

Counseling Services

Therapy Services

Reach for Resources offers individual and group therapy services to adults, adolescents and families of all-abilities in need of emotional support. We strive to help individuals share their personal struggles, develop awareness of their emotional patterns, develop understanding of the function of emotions and develop functional emotional coping strategies. We do this by providing support, guidance, education, resources and connections to others on their journey toward personal growth. We accept most private and state health plans, including Medicare and Medical Assistance. Learn more: reachforresources.org/Counseling



Support for a variety of therapeutic issues, including:

- Abuse and trauma
- ADHD
- Aging/End of Life
- Anger Management
- Anxiety
- Behavioral Issues
- Brain Injury/Stroke
- Chronic Pain
- Cognitive & Physical Disabilities
- Depression
- Divorce
- Coparenting
- Health Issues
- Grief and Loss
- Life Transitions
- Marriage/Family Issues
- Parenting
- Relationship Issues
- Self-Esteem
- Severe & Persistent Mental Illness
- Sexual Orientation & Gender Identity
- Stress Management
- Work/-Life Balance



Group Therapy - coming in spring/summer 2022!

- CBT Skills - Adults
- CBT Skills - Young Adults (18-25)
- CBT Skills - for individuals with cognitive disabilities
- Healthy Relationships & Boundaries
- Sexuality for All Abilities®



Who is Reach for Resources?

Reach for Resources is a nonprofit that empowers people of all-abilities to reach their full potential. This is done by providing individualized services that maximize independence, boosts community engagement and improves physical and emotional well-being. Reach supports individuals throughout the Twin Cities and surrounding suburbs and offers four different service areas: Adaptive Recreation & Inclusion, Community Living Services, Case Management and Mental Health Services. To learn more, visit: reachforresources.org.



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