



Counseling & Group Therapy

for people with & without disabilities

Therapy Services

We offer comprehensive in-person and virtual counseling services designed to support individuals and families in navigating life's challenges. We believe in a holistic approach to well-being, empowering our clients to achieve their goals and improve their quality of life. Whether you're seeking individual counseling, family therapy, or group sessions, Reach is here to help you find balance, build resilience, and reach your full potential. Discover a path to a brighter future with us.

Learn more: reachforresources.org/Counseling



We provide support for:

- Abuse and trauma
- Accelerated Resolution Therapy (ART) for Trauma
- ADHD
- Anger Management
- Anxiety
- Behavioral Issues
- Brain Injury/Stroke
- Cognitive & Physical Disabilities
- Depression
- Divorce
- Health Issues
- Grief & Loss
- Life Transitions
- Relationship Issues
- Self-Esteem
- Severe & Persistent Mental Illness
- Sexual Orientation & Gender Dysphoria
- Stress Management
- Work/Life Balance

Group Therapy

We offer a variety of group therapy programs throughout the year. Some examples of group therapy include: Healthy Relationships and Cognitive Behavioral Therapy (CBT) for Anxiety, Depression & other SMI.

To see the current group therapy offerings please visit: reachforresources.org/Counseling.



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, Transportation, Community Living Services, Counseling, Case Management and Mental Health Services. To learn more, visit: reachforresources.org.

5900 Green Oak Dr., Ste 303
Minnetonka, MN 55343

Melissa Petoletti
Director of Counseling

(p) 952-256-6734
mpetoletti@reachforresources.org



[Reachforresources.org](https://reachforresources.org)



[@Reach4Resources](https://www.facebook.com/Reach4Resources)



[@Reach4Resources](https://www.instagram.com/Reach4Resources)



[@Reach4Resources](https://twitter.com/Reach4Resources)