



# Counseling & Group Therapy

for people with & without disabilities

## Therapy Services

Reach for Resources offers in-person and virtual individual therapy and group therapy services to adults, adolescents and families of all abilities in need of emotional support. We strive to help clients 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 your journey toward personal growth.

Learn more: [reachforresources.org/Counseling](https://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 Identity
- 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](https://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, Community Living Services, Counseling, Case Management and Mental Health Services. To learn more, visit: [reachforresources.org](https://reachforresources.org).

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

Melissa Petoletti  
*Director of Counseling*

(p) 952-256-6734  
[mpetoletti@reachforresources.org](mailto:mpetoletti@reachforresources.org)