



## Counseling

Our compassionate therapists are specially trained to provide support, guidance and practical strategies to help you overcome life's challenges.

We Provide:

Individual Counseling for children, teens, adults

Family Counseling

Marital/Premarital Counseling

Psychoeducational Workshops

Group Counseling

Childcare during appointments

**Call 435.752.8880 to schedule  
an appointment**

### Areas of Specialty:

- Anxiety & Depression
- Interpersonal Skills
- Marriage & Family Relations
- Divorce Adjustment
- Grief & Loss
- Parenting Challenges
- Challenges in Childhood
- Bullying
- Abuse & Trauma



Building Stronger Families

The Family Place:  
380 W 1400 N  
Logan, UT 84341

The Family Place, Smithfield:  
502 South Main  
Smithfield, UT 84335

435.752.8880

[www.TheFamilyPlaceUtah.org](http://www.TheFamilyPlaceUtah.org)

## WE STRIVE TO BUILD STRONGER FAMILIES BY....

### PROVIDING COUNSELING

Counseling is provided at both our Logan and \*Smithfield locations. Our therapists utilize a variety of evidence-based therapeutic techniques to provide individualized care. Some techniques utilized include: Expressive Therapy with use of Art and Sandtray; Play Therapy; Trauma-Focused Cognitive Behavioral Therapy; and more. The therapists partner together with individuals, couples, and families to provide personalized goals, plans, and support. Counseling is available for children, adolescents, adults, couples, and families. Free childcare is available during counseling services for children ages 0-11.

Free consultations to determine best fit. Call **435.752.8880** to schedule.

### HOSTING WORKSHOPS

#### *For Parents...*

The Family Place holds workshops and seminars throughout the year. With our amazing staff of professional instructors, The Family Place works as a venue for sharing ideas, finding answers, supporting positive solutions to parenting, and working through challenges. These classes cover a range of topics available at specific times at our Logan and \*Smithfield locations. The Family Place staff is also available to visit your place of business, religious organization or community event to hold a workshop or provide a presentation. Call or visit **[www.thefamilyplaceutah.org](http://www.thefamilyplaceutah.org)** for dates and registration.

Topics Include: Discipline, Self-Esteem, Communication, Toddlers, Tweens & Teens, Meal Planning, Budgeting, Cooking with Kids, Single Parenting, New Parent Program, Stepfamilies, Stress Management, Mommy & Me, Anger Management, Social Media and Kids, Teaching Body Safety, Fatherhood, Parenting Classes, and more!

#### *For Kids...*

Our experienced staff works to help children reach their full potential through educational opportunities. Children's workshops and classes are fun and interactive so children learn the skills they need to be successful in life. Workshops and classes for children are available for school age children through teens. Visit **[www.thefamilyplaceutah.org](http://www.thefamilyplaceutah.org)** for dates and registration.

Topics Include: Self-Esteem, Anger Management, Communication, Impulse Control, Good-Touch/Bad-Touch®, Friendships, Making Good Choices, Be a Buddy Not a Bully, Fun in the Sun, Social Skills, and more!

### HAVING A PLACE FOR KIDS

The Kid's Place is a place for parents to take their children if they are out of options. The Kid's Place is provided at no cost for children 11 and under. The primary purpose of The Kid's Place is intended to support parents during times of need. We have both weekly and emergency care in Logan. Call for more details. The Kid's Place is also available for your children while attending workshops or counseling sessions in both Logan and \*Smithfield.

### PLANNING FAMILY-FOCUSED EVENTS

The Family Place loves to see families spending quality time together! By holding fun, unique and exciting community activities, we hope you're encouraged to do just that. We have three activities that we put on annually: A mud run for kids, a princess party and a superhero party. Visit **[www.thefamilyplaceutah.org](http://www.thefamilyplaceutah.org)** to learn more and register. We also participate in a range of fun activities in the community, these can always be found on our Social Media.

\*Smithfield location is open for limited hours.