

# Programs

## Caregiver

**INDIVIDUAL COUNSELING** can provide needed support for anyone. Some examples are:

- Burnout & Caregiver Fatigue
- Depression
- Anxiety or Fear
- Coping Skill Building
- Family Issues
- Anger or Resentment
- Adjusting to the “new normal” of life
- Coping with new roles in life
- Coping with new diagnosis or living conditions
- Grief and Loss

## Chronic Illness or Pain

## New Diagnosis

## Amputee

## Dementia

## Grief & Loss

### GROUPS

Groups are led by qualified mental health professionals. These groups provide peer to peer support, access to resources, and methods to improve emotional coping skills.

## CALL TO SCHEDULE AN APPOINTMENT

(435) 900-1031

## SCHEDULE VIA ONLINE PORTAL



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Welcome  
 My Healing  
CIRCLES

HELPING YOU  
BALANCE  
CHANGE



”

*"We need to make mental health as important as physical health."*

## Service Locations

A majority of our services take place remotely, via ZOOM video call on your computer, tablet, or phone. Prior to your first service we will be in contact to ensure you can access all features needed to successfully attend your scheduled appointments. If you ever run into a problem, just call our office.



## Do You Accept My Insurance?

Yes we accept most insurances and typically have in network status with most plans.

## What Will This Service Cost?

Our services are covered by insurance benefits, internal grants and other means to offset any client co-pays or deductibles. The client will be notified of any unforeseen costs prior to service.

# Schedule Now

Call (435) 900-1031  
to schedule your  
appointment today!

## Why choose us?

NO or LOW  
COST

Specialized  
Clinicians

Safe &  
Convenient  
Environment

Supportive  
Peers



## Additional Support Services Are Available

- Hospice aftercare for Caregivers and Family.
- Other family members can also receive care and support
- Resolving family discord