

# Counseling Agencies for Children

## Albertville-St. Michael

- Solutions Counseling

- <https://helpwithsolutions.com/> Phone: (763) 515-4563
- Specialties: Individual, Couples, and Family.

## Annandale

- Life Tree Holistic Counseling, LLC

- No Website Available Phone: (612) 255-6594
- Specialties: Self Esteem, Anxiety, Trauma and PTSD, Personality Disorder, Bipolar Disorder, Borderline Personality, Coping Skills, Depression, Divorce, Eating Disorders, Infidelity, Life Coaching, Obesity, Relationship Issues, Spirituality, Suicidal Ideation, Weight Loss

## Becker

- Athman Counseling Services LLC

- <https://athmancounseling.com/> Phone: (763) 261-6810
- Specialties: Depression, anxiety, grief and loss, relationships

## Big Lake

- Nystrom & Associates, LTD

- <https://www.nystromcounseling.com/> Phone: (763) 367-6080
- Specialties: Psychiatry & Medication Services, Child and Family Therapy, Marriage & Couples Counseling, In-Home Program, Group Therapy, Psychological Testing, Co-Occurring Chemical Dependency Treatment, Medicated Assisted Treatment (MAT) with Suboxone™, Family Education and Support Program, Dialectical Behavior Therapy (DBT), School Based Mental & Chemical Health, Nutrition Counseling, LEAP/MRT – Food Sensitivity Testing & Diet, Mental Health & Nutrition Group, Chemical Dependency & Substance Abuse Recovery, Intuitive Eating Group

- Mischief Managed

- <https://www.mischiefmanagedmn.com> Phone: (763) 309-1005
- Specialties: Individual, Child and Family Counselling Services, Play Therapy, Therapy Dog, Parent Coaching, and Parenting Classes.

## **Buffalo**

### **● Bridging Hope Counseling**

- <http://www.bridginghopecounseling.com/> Phone: (763)291-5505
- Specialties: Individual, Couples, Family Therapy, Sand Tray, Play Therapy, Chemical Health Assessments, Daring Way™ Groups, Rising Strong™ Groups, Young Men's Group & DBT (Dialectical Behavioral Therapy) Skills Groups

### **● Central Minnesota Mental Health Center**

- <http://cmmhc.org/> Phone: (763) 682-4400
- Specialties: Early Intervention Family Services, Evidence Based Services, Early Childhood Mental Health Consultation, Psychotherapeutic Services, School Based Services, Psychiatry – Medication Management.

### **● Family Counseling Center**

- <http://www.fccmn.com/> Phone: (763) 682-5420
- Specialties: Individuals, Adolescents and Children, Families and Couples. They offer a wide range of counseling, consultation, and assessment for our clients, including but not limited to ADHD/ADD evaluation, anger and psychological assessments, both self-referred and court ordered.

## **Elk River**

### **● Central Minnesota Mental Health**

- <http://cmmhc.org/> Phone: (763) 441-3770
- Specialties: Early Intervention Family Services, Evidence Based Services, Early Childhood Mental Health Consultation, Psychotherapeutic Services, School Based Services, Psychiatry – Medication Management.

### **● Creative Therapy Center**

- <http://thecreativetherapycenter.com/> Phone: (763) 274-0510
- Specialties: Infants, Children, Adolescents, Adults, and Families. Play Therapy, Sand Tray Therapy, Animal-assisted Therapy, Traditional Talk Therapy, Filial Play Therapy, Somatic Experiencing®, Directive Play Therapy, Infant Mental Health, Co-parenting/Parent Coaching/Parenting Skills, Reunification Therapy, Empowerment Groups.

### **● Hardy & Stephens Counseling Associates**

- <http://hardystephens.com/> Phone: (763) 633-5111
- Specialties: Individual, Marriage/Couples, Teen, Children, Family, Group Christian, Eye Movement Desensitization Reprocessing, Intercessory Prayer.

### **● Pathways Psychological Services**

- <http://pathwayspsych.com/> Phone: (763) 241-8157

- o Specialties: Marriage & Relationship, Individual, Family, Child and Adolescent Counseling. Along with Psychological Testing and Evaluations
- **Serenity Circle Counseling**
  - o <http://www.serenitycirclecounseling.com/> Phone: (612) 701-9689
  - o Specialties: Individual, couples and family counseling and chemical dependency assessments.

## **Maple Grove**

- **Healthwise Behavioral Health and Wellness**
  - o <http://www.behavioralhealthmn.com/> Phone: (763) 400-7828
  - o Specialties: Individuals, Couples, Family and wellness groups. Therapy and Counseling, psychological testing and assessments medication management and health issues.
- **Innovative Psychological Consultants**
  - o <http://www.ipc-mn.com/> Phone: (763) 416-4167
  - o Specialties: Counseling & Psychotherapy, Psychiatry & Medication Management, Psychological Testing, Specialized Addiction Counseling, Federal DOT S.A.P Evaluations
- **Minnesota Counseling and Couple Center LLC**
  - o <http://www.mncounselingandcouplescenter.com/> Phone: (763) 400-747
  - o Specialties: Anxiety, Panic Disorder, Depression, Divorce Adjustment, Relationship Struggles, Recent Break Up, Stress management, Trauma/Abuse, Anger, Shame, Family of Origin Trauma or Hurt, Grief/Loss, Sexuality Concerns, Relationship Conflicts, Self-Worth, Body Image, Suicidal Thoughts/Self Harm, Addictions.
- **Nystrom & Associates, LTD**
  - o <https://www.nystromcounseling.com/> Phone: (763) 274-3120
  - o Specialties: Psychiatry & Medication Services, Child and Family Therapy, Marriage & Couples Counseling, In-Home Program, Group Therapy, Psychological Testing, Co-Occurring Chemical Dependency Treatment, Medicated Assisted Treatment (MAT) with Suboxone™, Family Education and Support Program, Dialectical Behavior Therapy (DBT), School Based Mental & Chemical Health, Nutrition Counseling, LEAP/MRT – Food Sensitivity Testing & Diet, Mental Health & Nutrition Group, Chemical Dependency & Substance Abuse Recovery, Intuitive Eating Group
- **Northstar Regional**
  - o <https://northstarregional.com/programs-services/mental-health/> Phone: (763) 898-3838

- Specialties: Individual counseling for Addictions & Substance Abuse, Adjustment Disorders, Anger Management, Anxiety, Attachment Disorders, Attention Deficit Disorder (ADD/ADHD), Child Abuse, Childhood Behavioral Issues, Christian Counseling, Cognitive-Behavioral Training, Depression, Developmental Issues, Divorce/Separation Issues, Drug and Alcohol Dependency, Eating Disorders, Emotional Regulation, Family Therapy, Fetal Alcohol Syndrome, Gender/Sexual Identity, Grief, Learning Disorders, Marriage Counseling (including Pre-Marital), Mood Disorders, Parenting Skills, Physical/Sexual Abuse, Play Therapy, Post-Traumatic Stress Disorder (PTSD), Relationship Conflicts, Sleep Disorders, and Stress Management. Psychiatric Services and Group Therapy Programs.

## **Monticello**

- **Central Minnesota Mental Health Center**

- <http://cmmhc.org/> Phone: (763) 295-4001
- Specialties: Early Intervention Family Services, Evidence Based Services, Early Childhood Mental Health Consultation, Psychotherapeutic Services, School Based Services, Psychiatry – Medication Management.
- **School Linked Therapist- Monticello School District: Gina Theisz  
320-247-1512**

- **Healing Moments and Counseling**

- <http://healingmomentscounseling.com/> Phone: (763) 732-3351
- Specialties: Individuals, Couples, Families, and groups for adults, adolescents, and children (age 5 and older).

- **The Center for Family Counseling**

- <http://thecenterforfamilycounseling.com/> Phone: (844) 221-1191
- Specialties: Addictions, Anger management, Anxiety, Compulsive disorders, Depression, Grief and loss, Impulsivity, Life changes, Obsessions, Spiritual questions, Stress management.

## **Rogers**

- **Northwinds Counseling Services**

- <http://www.northwindscounseling.com/> Phone: (763) 424-1888
- Specialties: Anxiety, Anger Management, Attention Deficit Disorder (ADD/ADHD), Chemical Dependency, Mood Disorders, Post Traumatic Stress Disorder, Personality Disorders, Bipolar Disorders, Obsessive Compulsive Disorder, Phobias, Special Needs Children (emotional/behavioral/autism spectrum), Adjustment Disorder, Self Esteem Building, Grief and Loss.

- **Brunetti Counseling**

- <http://www.brunetticonsulting.com/> Phone: (763) 428-4060
- Specialties: Children, Adolescents, and Adults. Neuropsychological and psychological evaluations, traumatic brain injury, dementia, ADD/ADHD, anxiety, depression, bipolar disorder, and behavior difficulties

- **Bridging Hope Counseling**

- <http://www.bridginghopecounseling.com/> Phone: (763) 291-5505
- Specialties: Individual, Couples, Family Therapy, Sand Tray, Play Therapy, Chemical Health Assessments, Daring Way™ Groups, Rising Strong™ Groups, Young Men's Group & DBT (Dialectical Behavioral Therapy) Skills Groups

## **St. Cloud**

- **The Village Family Service Center**

- <https://www.thevillagefamily.org/> Phone: (320)253-5930
- Specialties: Anxiety and Depression, Reactive Attachment Disorder, ADHD/ADD, Autism Spectrum Disorders, Early Childhood Mental Health, Behavior Issues, Childhood Trauma, Sensory Processing Disorders/Difficulties and many other issues that affect children and their families

- **The Center for Family Counseling**

- <http://thecenterforfamilycounseling.com/> Phone: (320) 253-3540
- Specialties: Addictions, Anger management, Anxiety, Compulsive disorders, Depression, Grief and loss, Impulsivity, Life changes, Obsessions, Spiritual questions, Stress management.

- **Cook Counseling Service, LLC**

- <http://cookcounselingmn.com/> Phone: (320) 223-0503
- Specialties: Individual, Couples and Child Therapy, Depression, Anxiety, PTSD, and EMDR.

- **Milestone Counseling Inc.**

- <http://www.stcloudcounselors.com/> Phone: (320) 774-1621
- Specialties: Cognitive Behavioral Therapy, Dialectical Behavioral Therapy, Play Therapy, Sand Tray Therapy, Eye Movement Desensitization and Reprocessing.

- **Center for Psychological Services**

- <https://www.cfpsmn.com/> Phone: (320) 255-0343
- Specialties: Children, Adolescents, Adults. Individual, couples, and family/parenting therapy, Chemical Abuse/Dependency Evaluations, Sexual and physical Trauma Therapy, Anxiety and Stress Management Therapy, Life and Career Transition Consulting, Developmental Disorders and Severe Emotional Disturbance, Parent/Child Interaction Therapy, Play Therapy, Depression and Mood Disorder Assessment and Treatment, Trauma Focused Cognitive

Behavioral Therapy, Professional Services for Behavior Disordered and Mentally ill Adolescents and Their Families.

- **Central Minnesota Mental Health Center**

- <http://cmmhc.org/> Phone: (320) 252-5010
- Specialties: Early Intervention Family Services, Evidence Based Services, Early Childhood Mental Health Consultation, Psychotherapeutic Services, School Based Services, Psychiatry – Medication Management

- **Granite City Counseling, LLC**

- <http://granitecitycounseling.com/> Phone: (320) 257-1800
- Children, Adolescent and Adult individuals, families, couples, and groups in the following areas: Anger/ Impulse Control, Anxiety (Panic/ Phobias/ Agoraphobia), Attention-Deficit/ Hyperactivity Disorder, Childhood/ Adolescent Problems,
- Specialties: Depression, Domestic Abuse, Eating Disorders, Emotional/ Behavioral Complications post Bariatric Surgery, Family Problems, Grief Counseling, Life Transitions, Marriage Counseling, Medical Problems, Military/ Deployment, Mind-Body-Spirit Connection, Obsessive Compulsive Disorder, Posttraumatic Stress Disorder (PTSD), Relationship Counseling, Reproductive Problems, Sexual Harassment, Stress Management, Trauma/ Abuse Recovery, Pervasive Developmental Disorders

## Wright County Health & Human Services

**Social Services Intake:** 763-682-7449

**Family Advocate:** Kristi Cloutier 763-682-8663

**Wright Choice:** Joy Turner 763-684-2395

**Resource Navigators:** Elementary: Kathy Kraus 763-682-7502

Secondary: Joey Kellogg 763-682-7642

**Public Health:** Casey Henry: 763-684-4519

**Parent Support Outreach Program:** Ali Tesmer 763-684-8462

Truancy: Robin Dorf 763-684-2339

Nathan Sindt 763-684-8421

Tiffany McAlphine 763-682-8925

Education Neglect: Deb Nelson 763-682-7483

**Resource Links Website:** <http://www.co.wright.mn.us/692/Links-Resources>

**Information Available on this site:**

- Assistive Devices & Products
- Autism
- Consumer Directed Community Supports (CDCS)
- Crisis Services

- Education/Schools
- Financial
- Funding for Equipment/Services
- Government/Legislation
- Housing
- Information and Referral
- Legal
- Medical/Mental Health/Dental
- Miscellaneous Resources
- Parenting Education
- Respite/Childcare/Camps/Travel
- Safe Harbor
- Support/Advocacy
- Therapeutic Horseback
- Transition/Guardianship
- Vocational

## **Wright County Court Services**

Abe Abrahamson- Juvenile Unit Supervisor 763-682-7959

Juvenile Probation- Nathan Miller 763-682-7712

Restorative Justice- Karen Evans 763-682-7328

## **Additional Resources**

### **Sherburne County:**

**Social Services Intake:** Phone (763) 765-4000

Website: <https://www.co.sherburne.mn.us/hhs/>

### **Stearns County:**

**Social Services Intake:** Phone (320) 656-6000

Website: <https://co.stearns.mn.us/Government/CountyDepartments/HumanServices>

### **Benton County:**

**Social Services Intake:** Phone (320)968-5087

Website: [http://www.co.benton.mn.us/Human\\_Services/index.php](http://www.co.benton.mn.us/Human_Services/index.php)

### **Domestic Violence:**

- **Minnesota Domestic Violence Crisis Line**
  - Phone 1 866-223-1111
- **Rivers of Hope:** Advocates for Ending Family Violence
  - <https://riversofhope.org/>
  - Phone (763) 295-3433
- **Anna Marie's**
  - Safe Shelter, Support, and Referral Services for battered women and their children.
  - Website: <http://annamaries.org/>
  - 24 Hour Crisis Lines
    - 320.253.6900
    - 800.950.2203
- **Minnesota Day One Crisis Line**
  - Domestic violence, Sexual assault, Human trafficking, Youth-and Community-Advocacy programs in the state of Minnesota
  - Call: 1-866-223-1111
  - Text: (612) 399-9995

### **Chemical Health:**

**Central MN Mental Health Center:** Monticello 763-295-4001

**Maple Lake Recovery:** Maple Lake 320-963-6865

**WINGS Recovery:** Litchfield 320-593-0440

**Omegon (Dual Diagnosis):** Minnetonka 952-541-4738

**Recovery Plus:** St. Cloud 320-229-3760

**Clara's House:** St. Cloud 320-229-4950

**Operation Foresight:** Elk River 763-441-7270

**Fairview Treatment Program:** Elk River 612-672-6600

### **Shelters:**

- **Salvation Army (St. Cloud, MN)**
  - Provides relief for homeless. Includes counseling, emergency food, shelter or clothing.
  - Phone (320) 252-4552
  - Website: <http://salvationarmynorth.org/community/st-cloud/>
- **Great River Family Promise (Elk River)**
  - Case Manager: Amber (763) 441-9093



- Services: Budgeting, Housing and Employment
- 60 Day programs (Homeless 30-60 Days)
- 12 Churches in the surrounding area who are a part of the program. Don't share rotation due to safety issues
  - Stay at the churches Sunday to Sunday 5:00pm-next am
  - Great Rivers Family Promise open from 7:30 am- 5:00 pm

#### **Food Assistance:**

- **Free and Reduced Lunch**
  - Application is now online at <https://www.monticello.k12.mn.us/Page/334>
- **Monticello Food Shelf (Clothing Center)**
  - Phone (763) 295-4031
  - 215 Cedar Street, PO Box 1220, Monticello, MN 55362
  - By Appointment Only
    - Monday: 9:30am-11:30am
    - Wednesday: 9:30am-11:30am & 6:00pm-7:30pm
    - Friday: 9:30am-11:30am
- **Second Harvest**
  - First Thursday of each month at the Monticello High School, bring a bag or a box to fill up.
  - Starts at 5:00pm (First come, First Serve)
- **Becker Food Shelf**
  - Phone: (763) 261-4612
  - 12060 Sherburne Avenue. Becker, MN 55308
  - Pantry Hours
    - Tues and Thurs: 1-3pm
- **Big Lake Community Food Shelf**
  - Phone: (763) 263-2432
  - 160 Lake Street North. Big Lake, MN 55309
  - Pantry Hours
    - Monday & Thursday: 5:30 pm – 7:30 pm;
    - Wednesday: 9:00 am – 11:00 am;
    - Saturdays: 2nd and 4th of each month from 9:00 am to 11:00 am
- **Annandale Community Food Shelf**
  - Phone: (320) 274-7155
  - 99 Cherry Avenue N. Annandale, MN 55302
- **Salvation Army Food Shelf (Saint Cloud)**
  - Phone: (320) 252-4552
  - 400 Highway 10 S. Saint Cloud, MN 56304

#### **Level Four Student:**

- **Village Ranch:** Phone (320) 286-2922
  - <http://www.villageranchcfs.com/>

### **Suicide Prevention:**

- **Crisis Text Line**
  - Text “MN” to 741741- standard data and text rates apply
  - Wait for a trained counselor to reply to your text
  - Free, confidential, and there for you 24/7/365

### **Sexual Assault:**

- **Central MN Sexual Assault Center**
  - Services Include: 24-Hour Crisis Phone Line, One-to-One Support Counseling, Referrals to Supportive Services, Hospital Advocacy, Court Advocacy, Law Enforcement Advocacy, Harassment Restraining Orders, Orders for Protection, Safety Planning, Professional & Community Training, "Safe at Home" Program, Support Groups, Human Trafficking Services, Support for those Involved in the Sex Industry
  - **Walk-ins Welcome**
  - Phone: (320) 251-4357 or 1 (800) 237-5090
  - Website: <https://cmsac.org/>
  - 15 Riverside Drive NE Saint Cloud, MN 56304
  - Hours:
    - Monday - Friday 8:30am - 4:30pm
- **National Sexual Assault Hotline**
  - Call 1 (800) 656-4673
  - Available 24 hours everyday

### **Other:**

- **Four County Crisis Response Team: 320-253-5555 or 1-800-635-8008**
- **Crisis Nursery Serving Wright County**
  - Services Include: 24-hour crisis helpline: 763-271-1681, Support, resources, and referrals, Short-term, temporary, safe care for your children (0-17 years) day or overnight while you tend to your family's needs, Parent support groups, Mental health services
  - Phone (763) 271-1681
  - Website: <https://www.nexus-yfs.org/sites/crisis-nursery/index>
- **Timber Bay: Dan Miles 612-247-7027**
- **Bounce Back Project**
  - Unique collaborative of physicians, nurses, hospital leaders, and staff who have come together for a single purpose — to impact the lives of individuals, communities, and organizations by promoting health through happiness. Resources and Events available on their website.
  - Website: [bouncebackproject.org](http://bouncebackproject.org)