

## Cost

Services are free for students participating in the Free And Reduced Meals Program

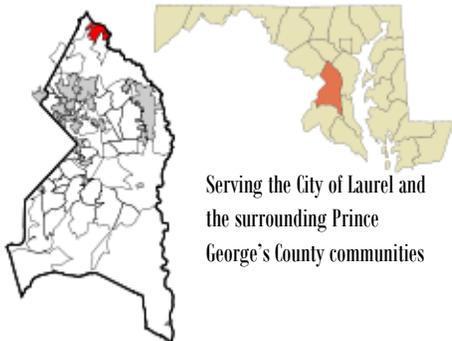
No child or youth will be turned away due to inability to pay.

Financial aid is available for families who require assistance.

Service for adults are available at a nominal fee. (Daytime only)

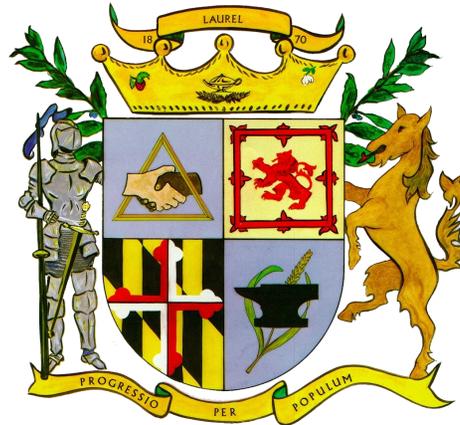
We do not accept insurance.

Contact us today!



Laurel Helping Hands Youth Services Bureau is funded in part by Prince George's County Department of Family Services and The Commission for Children, Youth and Families (DFS/CYFD).

Information in this publication does not necessarily reflect the views of the Department, Commission or County.



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## Laurel Helping Hands



*"Strengthening Families  
Helping Youth Thrive"*

# Laurel Helping Hands Youth Services Bureau

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We are a family-focused counseling program run by the City of Laurel. Services are available to residents of the City of Laurel and surrounding Prince George's County communities.

Our primary mission is to strengthen families and help youth thrive by equipping parents with skills necessary to meet the developmental needs of children up to 18.



We also serve youth between the ages of 16 - 24 who are neither working nor in school to help them reach their academic or career goals.

We work with adults to address mental health, personal development, and career/life-style needs because we believe that for youth to thrive, they need support from stable adults within the community.

## WHAT WE DO

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We believe that in a supportive environment, all individuals and families can learn to replace problematic behaviors and so

- ◆ We use a Cognitive Behavior Therapy approach to counseling
- ◆ We emphasize skill development
- ◆ We focus on identifying individual's and families' strengths

We do not provide medication management but will work with individuals with severe mental illnesses like Bipolar Disorder and Schizophrenia who are medication-treatment compliant, and their families, so they can learn how to manage their illness and live productive lives.



## WHAT WE PROVIDE

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We provide:

- ◆ Individual counseling for persons 15 years and older.
- ◆ Family counseling for children and youth of all ages.
- ◆ Group counseling, starting at school-age.
- ◆ Assessment and treatment referral for students suspended for Alcohol and Other Drug (AOD) infractions.
- ◆ Crisis Intervention for persons feeling suicidal or experiencing life crises.
- ◆ Information and Referral services

