CONTACT US

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Director of School Based Programs
krudekeleecarlsoncenter.org
(763) 780–3036 ext 505

OUR MISSION

Since 1979, Lee Carlson Center's mission is to provide exceptional and affordable mental health services to families, children, youth and adults.

Fridley Clinic 7954 University Ave NE Fridley, MN 55432

Coon Rapids Clinic 10091 Dogwood St NW, Suite 110 Coon Rapids, MN 55448

Brooklyn Center Clinic 5540 Brooklyn Blvd Brooklyn Center, MN 55429

St. Louis Park Clinic 7104 W. Lake St St. Louis Park, MN 55416

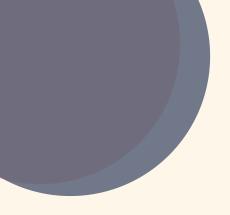
Bridgeview Drop-In Center 7920 University Ave NE Fridley, MN 55432

(763) 780-3036 www.leecarlsoncenter.org,



NURTURING EVERYDAY WELLNESS

A proactive approach to wellness in your every day life.



ABOUT NURTURING EVERYDAY WELLNESS

Lee Carlson Center for Mental Health and Well-being believes that it is important to provide both preventative and responsive services for individuals and communities when they are in need. These services can focus on general well-being, be provided in response to events in our schools and community, and be utilized by individuals in need of help.

When we engage in wellness practices regularly, we are better prepared to have healthy responses in the face of stressful situations. These practices can be engaged in both individually and in group settings. Lee Carlson Center can offer a range of services focused on general wellness for staff in your organization. We can offer services in response to stressful events of all kinds.

THE FACILITATOR'S TIME
SPENT WITH US WILL BE
SAVORED ALONG WITH THE
RESOURCES [THEY
PROVIDED]... WE ARE RICHER
BECAUSE OF OUR 'MINDFUL'
TIME SPENT TOGETHER.



THIS PROGRAM WILL:

- Improve staff collaboration and relationships
- Increase resiliency and ability to respond to stressful circumstances
- Improve self-care and work/life balance in your organization
- Respond to a stressful event in your agency or community

AVAILABLE SERVICES

WELL-BEING GROUPS FOR STAFF

Staff can access a general well-being group focused on learning and practicing skills to address our response to changes and sometimes difficult situations that can occur in our lives. These groups will incorporate mindfulness and other proactive approaches to wellness and well-being to allow for greater resilience in the face of challenges and changes in life.

\$125 per hour per therapist

MAINTAINING HEALTHY RELATIONSHIPS GROUP FOR STAFF

Trained practitioners will guide your team in exercises aimed at improving communication, establishing and maintaining healthy boundaries, managing conflict resolution, and any other relationship areas identified.

\$125 per hour per therapist

INDIVIDUAL COUNSELING

Staff in need of individual counseling can meet with a mental health counselor individually to receive support and/or assessment if needed. This can also be an opportunity for individuals to access their own long term mental health services. Lee Carlson Center accepts all major insurance plans and can work with you if you are uninsured.

\$125 per hour per therapist