

## CONTACT US

Katie Rudek, MS, LPCC  
Director of School Based Programs  
[krudek@leecarlsoncenter.org](mailto:krudek@leecarlsoncenter.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](http://www.leecarlsoncenter.org)



**LEE CARLSON CENTER™**  
For Mental Health & Well-Being

# 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***