



THERAPY SERVICES

YWCA IS ON A MISSION

Healing happens in a safe, supportive space.

Life's challenges can have lasting effects on mental health, but compassionate, client-centered care supports individuals as they move forward.

PROGRAM DETAILS

Outpatient therapy is available for those who have experienced trauma or grief, or who are navigating difficult life circumstances. YWCA Northeast Indiana offers a safe, supportive environment where healing and growth can take place.

As an agency, we are committed to supporting individuals in their recovery while honoring each person's unique healing journey and timeline. Our licensed therapists utilize trauma-informed, strengths-based, and solution-focused approaches to help clients achieve their personal goals and address the areas of healing most meaningful to them.

Our licensed therapists provide flexible service options, offering both in-person and virtual sessions based on individual needs and preferences. Services are available for individuals and families, including adults and children.



We believe in providing personalized, evidence-based care tailored to your unique story and goals. Our experienced, licensed therapists utilize a variety of modalities to ensure you receive the most effective support for your specific needs.

OUR AREAS OF EXPERTISE

We offer specialized support to help you navigate complex emotions and life circumstances.

- Trauma and grief
- Emotion regulation
- Family systems
- PTSD
- Anxiety
- Depression
- Addiction
- Dialectical Behavior Therapy (DBT)
- Cognitive Behavioral Therapy (CBT)

To inquire about therapy services, call 800.441.4073 and ask for a referral to be sent to our therapy team, or email therapyos@ywcanein.org.

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