



Families First

COUNSELING

Need someone to talk to? We are here to help.

Families First offers child-centered, family-focused, and adult-supporting counseling services. If you or your child are feeling overwhelmed or are experiencing issues with any of the following, we are here for you.

- **Trauma**
- **Sadness**
- **Anxiety**
- **Irritability**
- **Aggression**
- **Grief & Loss**
- **Depression**
- **Social Isolation**
- **Stress**
- **Coping with COVID-19**

Can't afford counseling?

Families First accepts most insurance, and offers free counseling and a sliding fee scale on a case-by-case basis.

Need flexible appointments?

Appointments are available 7 days a week, including weekends and evenings.

Don't have transportation?

Sessions can be in person or by secure video.

Nervous about getting started?

Our counselors are professional clinicians who offer compassionate, non-judgmental, empathic mental health care and support.

For more information or to request a counseling appointment please contact:

404-853-2800 or 404-853-2844

counseling@familiesfirst.org



**Families
First**

**Building resilient families
so children can thrive.**

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404-853-2800 | www.familiesfirst.org