

# COUNSELING AND FAMILY SERVICES

Individual and Family Counseling

At Chestnut Health Systems, we know that sometimes problems can start piling up, relationships can become strained, feelings of sadness and hopelessness can start to affect your life and work, and that life can feel out of control. Our licensed clinicians are ready to listen, help you consider your options, and help you work on resolving problems.



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## Individual and Family Counseling

### Counseling Services

Chestnut's model of therapy is brief and solution focused. Individual, family, marital, child and adolescent, and group counseling are available.

#### Problems addressed in therapy may include (but are not limited to):

- Troubled relationships
- Coping with divorce or a break-up
- Career and life planning
- Depression and anxiety
- Stress management
- Family or marital crisis
- Financial strains
- Grief and bereavement
- Trauma related to sexual abuse/assault or physical abuse

### Fees

Chestnut Counseling and Family Services accepts most major insurance and self pay. Sliding fee scales are available to those clients unable to cover the full cost of counseling who meet family size, income, and residence criteria. Sliding fee scales are possible through funding from the United Way of McLean County.

### Children First

The Children First\* program helps divorcing/divorced parents learn about and the effects that divorce and changing family situations have on children. The program believes that given information and guidance, parents will move beyond their differences to consider the best interests of their children. Children First classes are required by law and have been approved by the Eleventh Judicial Circuit as meeting the State of Illinois' mandated parent education requirements.

#### Children First parent education classes help parents:

- Recognize the importance of their parent-child relationship and promote and encourage continued parenting of children even though their marital relationship is ending.
- Anticipate future events (such as birthdays and holidays) and/or potential problem situations in their family both during and after their divorce.
- Understand why sharing responsibilities for their children is an issue which must be anticipated and planned for.
- Recognize and respond to the needs of their children while experiencing their own emotional turmoil.

\*Children First is not covered by insurance and is a self-pay program only. No sliding fee available.



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