

WE'VE BEEN AROUND, WE'LL BE AROUND.

You can count on us.

Volunteers of America is a national, non-profit, spiritually based organization providing local human services programs and opportunities for individual and community involvement. In Oklahoma our programs directly touch the lives of Oklahoma's neediest and most vulnerable citizens. We strive to elevate them to the highest level of self sufficiency possible, and for those who will always need our assistance; we pledge to continue to serve them as long as we can. Working with those with developmental disabilities, the frail elderly, at-risk children and youth and the homeless is something most people can't imagine doing. We can't imagine not doing it.

Volunteers of America of Oklahoma  
FAMILY SERVICES

5319 South Lewis, Suite 210 • Tulsa, OK 74105  
Phone: 918-622-5156 • Fax: 918-622-5298  
[www.voaok.org](http://www.voaok.org)

human potential



OKLAHOMA

Volunteers of America of Oklahoma  
FAMILY SERVICES  
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OKLAHOMA

## FAMILY SERVICES



OUTPATIENT COUNSELING

*dedicated to helping families in the community.*



Charitable • Integrity • Accountability

Family Services

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WE FACE MANY CHALLENGES IN OUR DAY-TO-DAY LIVES

sometimes these challenges become  
overwhelming and it is hard to handle  
them on our own...

**we're here to help**

Counseling provides an opportunity to learn skills and use existing strengths to help you deal with difficult or troubling situations.



### HOW WE SERVE

Our master's level counselors are trained to work with children, adolescents, adults and families. They are experienced in many areas including the following:

- Depression and moodiness
- Anger and irritability
- Divorce or family crisis
- Attention deficit issues
- History of abuse or neglect
- Adjustment issues related to losses, placement outside the home (foster care, adoption), birth of a new child, etc.
- School behavioral problems

## Services Provided

### Assessment

Clinical and diagnostic assessments for behavioral and emotional problems with children, adolescents and adults. Together we will explore what challenges, issues and problems will be addressed. Assessment is an ongoing and necessary process that enables us to provide you with effective counseling and an individualized treatment plan. We welcome your feedback.

### Individual Therapy

One-on-one sessions with a master's level clinician to work on identified issues using your strengths and abilities to meet your goals.

### Family Therapy

Sessions may include the entire family to nurture change and development and resolve conflict.

### Group Therapy

Clinician works with individuals in a group setting to focus on identified issues. Group therapy offers an opportunity to give and get immediate feedback about concerns, issues, and problems affecting one's life.

## Eligibility For Services

We accept referrals for services from individuals, families, organizations, physicians, etc. Clients must meet the following admission criteria:

- Age four or older
- Mental health needs appropriate for treatment in an outpatient setting
- Insurance including Medicaid (call to see if we are currently accepting your insurance)



family services



Please call our office to  
schedule an appointment:  
918-622-5156