



Our Mission

Empowering individuals and their families through advocacy and education while creating a more inclusive community!



Neuro Inclusive Counseling



(815) 477-4720 Ext. 403



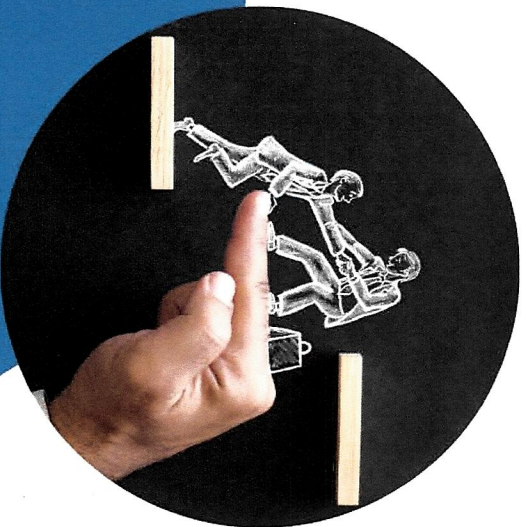
365 Millennium Dr. Ste A
Crystal Lake, IL 60012



www.optionsandadvocacy.org

What We Do

We support those with a mental health diagnosis and identify as neurodiverse. We provide individual, family and group therapy to those with a dual diagnosis. Our services are provided in-person currently, in the future telehealth. We accept self-pay clients at this point in time. Sliding scale is available for those who qualify.



Groups

Dialectical Behavior Therapy (DBT)
utilizing Skill Set curriculum



Therapy

Therapists utilize a variety of modalities including but not limited to DBT, ACT, Play therapy through a client-centered, strength-based approach.