

eagan counseling clinic

Urgent Care:

For clients who have urgent need for assessment and care:

- an initial assessment can be arranged within 24 hours excluding weekends and holidays,
- a diagnostic assessment within 48 hours.
- immediate admission to Adult or Adolescent Short-term Assessment and Treatment Program, or
- referral to a less urgent option as soon as possible.

Therapy Services:

- Individual Therapy
- Marriage and Family Therapy, Relationship Therapy
- Child and Adolescent Therapy, Child Play Therapy
- Psychiatric Services for Adults, Adolescents and Children coordinated with Psychotherapy
- Psychological Evaluations, Testing and Assessment
- Attention Deficit-Hyperactivity Assessment and Treatment
- Parenting Skills Training
- Group Therapy for Adolescents and Adults.
- Dialectic Behavior Therapy (DBT) for Adults and Adolescents.
- Divorce Adjustment, Grief and Loss Issues
- Biofeedback Stress Reduction and Relaxation Training
- Wellness and Growth Counseling

Day Treatment Services:

- Short-Term Assessment and Treatment Programs for Adolescents and Adults
- DaTRAC Adult Day Treatment

Home-Based Family Therapy:

- Offered in Dakota and Ramsey County.
- Payment arranged by County or insurance authorizations.

Horizons Community Support Program:

- Support services for Dakota County
- Adults who have a serious and persistent mental illness.
- Includes Housing Support, Case Management, and Drop-In Center.

Eagan Clinic

Directions from Hwy 77

- North on Hwy 13
- Right on Yankee Doodle
- Cross 35E Right on O'Leary Lane
- At the end of the block on left.

Directions from 35E

- Exit Yankee Doodle
- East on Yankee Doodle from 35E
- Right on O'Leary Lane
- At the end of the block on left.



Woodbury Clinic

Directions from I-94

- Exit Radio Drive South
- Right on Seasons Pkwy
- Radio Drive Professional Bldg on left
- Come to second floor, Suite 210

Directions from 494

- Exit Tamarack Rd east.
- Right on Seasons Pkwy
- Radio Drive Professional Bldg on right
- Come to second floor, Suite 210



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*3450 O'Leary Lane
Eagan, MN 55123*

eagan counseling woodbury clinic

*Radio Drive Professional Building
1000 Radio Drive, Suite 210
Woodbury, MN 55125*

Phone: 651-454-0114

Fax: 651-454-3492

Web site: www.eagancounseling.com

TTY Relay: 1-800-627-3529

Adolescent Girls Therapy Group



**eagan
counseling
clinic**

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ADOLESCENT GIRLS THERAPY GROUP

Do you have an interest in :

- Developing a more positive outlook
- Making healthy choices in relationships
- Reducing depression, stress and anxiety
- Improving self esteem and body image
- Developing a more positive relationship with your family
- Becoming more productive in school.

If the answer is yes the adolescent therapy group can help you achieve your goals for change. The groups are designed to provide a safe, supportive environment where girls can examine areas of self-esteem, relationships, friendships, school, identity, stress management and assertiveness.

The adolescent therapy groups are designed for females in middle school and high school. Groups meet every other week.

Most health insurance plans provide coverage for group therapy.



About Eagan Counseling Clinic

Eagan Counseling Clinic is a private practice association of mental health professionals committed to providing the highest quality outpatient mental health services. The clinic is licensed by the State of Minnesota as a Mental Health Center. The clinic's interdisciplinary staff are licensed in Adult Psychiatry, Child and Adolescent Psychiatry, Psychology, Clinical Social Work, Marriage and Family Therapy, and Nursing. We serve seniors, adults, adolescents, and children. We provide comprehensive services and maintain referral resources for specialized needs. Our staff is experienced, respectful, non-judgmental, active, positive and empathetic. We provide individualized treatment planning in partnership with our clients, with goal setting and review. We are able to coordinate with most insurance plans and to submit required forms for our clients. Evening and Saturday Appointments are available.

To Schedule an Appointment

Call 651-454-0114