



Our caring and experienced counselors are trained to support and guide you through life's challenges.

We can help you:

- Cope with a difficult marriage
- Balance work and family
- Improve parenting skills
- Enhance family communication
- Manage chronic disease issues
- Reduce anxiety and depression
- Adapt to retirement
- Assist in transition/career changes
- Live with grief and loss

Children and teens experience and process hardships differently than adults. Our counselors are professionally trained to help youth cope with:

- School-related problems
- Peer relationships
- Family conflicts
- Divorce
- Remarriage
- Separation
- Family illness and loss

All our counselors are licensed professionals with additional expertise in child and family therapy and aging issues.

We welcome your call: 801.746.4334

Stress and anxiety can wear you down, eroding your spirit, attitude, and capabilities. Coping skills get lost when you're feeling overwhelmed and un-empowered.

We can help you change this.

JFS
JEWISH FAMILY SERVICE
Serving People of All Denominations Since 1872

