



Family Counseling of Columbus Overview Flyer



Counseling Services

Individual, couple, family, and group counseling services. Agency counselors *do not* offer psychiatric medications, substance abuse, sexual offender, neurodevelopmental disorder, or eating disorder treatment. Also, our counselors do not provide psychological testing.

Parenting Skills Program

Program Description: The Parenting Skills Program is a 6-week closed, that uses a structured curriculum. The group is designed to help families gain insight and education on parenting concerns. The group is open to any parent or guardian ages 18 and above. The group also accommodates parents referred by social services and/or the legal system in order to meet mandated requirements.

Anger Management Program

Program Description: The Anger Management Program is a 6-week closed group geared toward providing individuals with the tools and skills necessary to manage their emotions. The group is open to any individual, 18 and above.

Military Support Programs

Rally Point - Veteran's Support Program: is an 8-week closed group designed to help Veterans learn coping skills and improve management of symptoms associated with PTSD and TBI. The group is open to all Military Veterans who served during combat and are having difficulty with re-adjusting and transitioning back to civilian life.

Game Day for Heroes: provides game day experiences for Wounded, Active duty, Veterans, and Retired Military to collegiate sporting events.

Heroes to Heroes: a non-denominational 501(c)(3) organization, provides a spiritual healing, suicide prevention, and peer support program for veterans who suffer from Moral Injury and PTSD.

Counseling: Veteran's and their family members who participate in any of the ***Military Support Programs*** may qualify for ***free*** individual, couple or family counseling.

Please contact The Family Center for the specific qualifying criteria to participate in any of our Military Support Programs.

Transparenting Seminar

Program Description: This seminar is designed to educate and assist parents in helping their children navigate successfully through the divorce process. Topics such as loss and grief; avoiding problems inherent in the divorcing process; effective ways to co-parent; how developmental stages may impact children's reactions; and other relevant issues. The seminar satisfies Georgia and Alabama state requirements for divorcing parents with children under 18.

For more information on scheduling or fees for services offered by Family Counseling of Columbus, please call 706-327-3238

Monday and Wednesday 8am to 6pm

Tuesday and Thursday 8am to 7pm

Friday 8am to 12pm.