



ENROLLMENT AND ASSESSMENTS

Assessments are required prior to enrollment in the Anger Management, Healthy Relationships, and John School programs.

COUNSELING

We understand the importance of mental and emotional well-being and offer counseling services for adults, children, couples, and families. Our experienced counselors address a wide range of concerns, including anxiety, depression, grief, trauma, anger, relationship issues, and self-esteem. Through individual and group sessions, we provide personalized support in a safe and compassionate environment. We're here to help you heal, grow, and build a healthier future.

INDIVIDUAL, MARRIAGE, AND FAMILY COUNSELING

Faithful Foundations Therapy offers professional, confidential counseling for individuals, children, couples, and families. Our licensed therapists use a range of evidence-based approaches to help clients manage stress, relationship challenges, anxiety, depression, and other emotional difficulties. We are committed to creating a safe, supportive space where healing and personal growth can take place for each individual.

YOUTH AND ADULT ANGER MANAGEMENT PROGRAM

This 12-week program helps participants identify their personal anger triggers and develop healthier responses. Through guided sessions, they learn effective communication, conflict resolution skills, and proven techniques to reduce and manage anger. The goal is to promote emotional control, accountability, and more positive interactions in daily life.

HEALTHY RELATIONSHIPS PROGRAM

This program helps individuals build safer, stronger, and more respectful relationships. It covers key topics like communication, emotional regulation, mental health, parenting, and self-care. The program also addresses domestic violence and is often used as a court-ordered course for individuals involved in relationship or family related offenses. Participants gain tools to break harmful patterns, set healthy boundaries, and support personal growth. Whether you're here by choice or requirement, we're here to help you create lasting, positive change.

SHOPLIFTING PROGRAM

This program offers a safe, supportive environment for participants to explore the emotional, psychological, and situational factors behind their actions. Through a combination of education, skill-building strategies, and therapeutic support, the program helps individuals address the root causes of shoplifting and develop healthier coping mechanisms to reduce reoffending.

JOHN SCHOOL PROGRAM

Participants address sex solicitation and human trafficking through education and self-reflection. They learn about the impact of exploitation, understand the root causes of their behavior, and develop healthier habits. With support from others, they transform their thinking and make positive, lasting changes.

PARENTING CLASSES

We offer parenting classes using an evidence-based curriculum designed to support and empower parents. Our program provides practical tools, proven strategies, and expert guidance to help navigate the challenges of parenting while fostering strong, healthy family relationships. Whether you're a new parent or looking to enhance your parenting skills, our classes offer valuable insights to promote positive child development and family well-being.