



SFC is taking referrals for Psychotherapy, Substance Abuse Treatment, Individual Skill Development and Enhancement, Wellness Management and Recovery, Medication Management, Employment-Related Skill Training and Individual/Family Psychoeducation. SFC is also offering **GROUPS** that help clients Stay Focused on Healthy Living, Healthy Relationships, Freedom, and Career Development.



MITCH TURNER, MS, LPC, CSAC, CS-IT, is compassionate and an effective motivator. He establishes rapport quickly, builds trust, and is experienced working with a diverse population and variety of difficult life challenges. Mitch cares about you!

DR. LINDSAY VETTER, PsyD, provides a safe space to explore new territory in life and unpack history that may hinder progress. Trained in DBT, CBT, and Psychodynamic interventions, she takes a non-judgmental approach and is supportive of the joys and struggles through your Recovery!



HEALTHY LIVING

Letting Go of the Past
Stress Management
Sobriety
Mental Health



HEALTHY RELATIONSHIPS

Understanding Abuse
Choices & Consequences
Assertiveness
Respect



FREEDOM

Thinking Traps
Prosocial Others
Problem Solving
Decision Making



CAREER DEVELOPMENT

Skills & Interests
Motivation
Resume Building
Interviewing Skills



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