

- In 2025, the Counseling team conducted over **3100 adult individual sessions**, over **350 children/adolescent sessions**, and around **220 couples counseling sessions**.

"I walk away from every session feeling heard, supported and with strategies to work on."



- The Counseling team contributed **4** articles for a new **eDirections** column called **the Advice Corner** that debuted in Aug. 2025, from Aug.-Dec.

"They are wonderful and kind and skilled professionals who have very much helped with my concerns."



- The Counseling team supported the larger community by providing **10 presentations** addressing topics such as **Mental Health 101, self-care, grief and loss**, and supporting one's self amidst crises and traumatic events and **4 processing sessions**.

- 92%** of survey respondents rated their **satisfaction** with therapy services at a **5 out of 5**.

- According to a recent survey, **68%** of the respondents identified that their reason for **seeking out services was due to anxiety**.

- 83%** of survey respondents rated the likelihood of **referring a family member**.

"Kind, thoughtful, caring and intelligent therapist [has] provided excellent ideas and resources."

PROGRAM HIGHLIGHTS:

- The Counseling team restructured the Counseling wing to create **two play therapy spaces** and **7 available office spaces**.



- The Counseling team has **collaborated with Minneapolis Jewish Federation and Harry Kay Center for Leadership Excellence** on preparing cohorts on how to care for their mental and emotional health while traveling to places that have experienced and are currently experiencing **trauma and crisis**.
- Over the next year, we also are looking at ways to continue to support the community through **parenting support, grief and loss support groups and caregiver support groups**.

If you are interested in counseling services, please contact JFCS at 952-546-0616