



*DCCC understands that life is challenging, and that personal or family difficulties can catch you off guard and even cause trauma—trauma that makes it hard to concentrate, relax and feel safe.*

*You may need to seek guidance from compassionate, competent people who know what you need.*

*Douglas County Christian Counseling (DCCC) has professionals who will guide you or your loved ones toward the wellbeing of body, mind, and spirit.*

### **Become empowered today to live a life of well-being!**

With guidance from DCCC (Douglas County Christian Counseling), you CAN live the life you've always wanted—one free of anxiety, depression, trauma, defiance, and other disruptive conditions.

People find hope from the caring professionals at Douglas County Christian Counseling. DCCC values include: Compassion, Optimism, Respect and Ethics.

Our therapists meet people where they are and value diversity and inclusiveness. We are trauma-informed, acknowledging the prevalence of trauma and its impact on a person's physical, emotional, and mental health. We offer strength-based care that is grounded in understanding the impact of trauma.

## **Who do we help?**

DCCC has unique experience working with **young children (0-5)**, promoting healthy development and nurturing relationships. We work with parents focusing on attachment, behavioral challenges, perinatal, postpartum, and grief. Our therapists help children with healthy emotional development, form strong relationships, solve problems, and express and manage emotions. We provide support to parents when it becomes difficult.

DCCC therapists have experience with **at-risk adolescents and young adults**. We help navigate the challenges and provide skills to caregivers and the young person. People learn positive coping skills to manage symptoms of anxiety, depression, trauma, defiance, and other disruptive conditions.

### **Problems and Challenges do not define people.**

At Douglas County Christian Counseling, we believe people are resilient, with strength and values to move towards a life of wellbeing.

We help people identify their beliefs, thoughts, and their ways of coping. We collaboratively develop a treatment plan using a person's strengths.



*DCCC comprende que la vida puede ser difícil y que los problemas personales o familiares pueden venir de repente y causar trauma – trauma que hacen difícil concentrarte, relajarte, o sentirte seguro.*

*Puedes necesitar ayuda de personas compasivas y competentes que saben lo que necesitas.*

*Douglas County Christian Counseling (DCCC) tiene profesionales que te guiarán a ti y a tus seres queridos hacia el bienestar físico, mental y espiritual*

### **¡Capacítate hoy para vivir una vida de bienestar completo!**

Con la guía de DCCC (Douglas County Christian Counseling), tú PUEDES vivir la vida que siempre has querido – una vida libre de ansiedad, depresión, rebeldía, y otras condiciones que te lastiman o molestan.

Puedes encontrar esperanza con profesionales en Douglas County Christian Counseling. Los valores de DCCC incluyen: Compasión, Optimismo, Respeto y Valores Morales. Nuestros terapeutas se conectan con las personas en la situación en que estas personas se encuentren y valoran su diversidad y su inclusión. Estamos informados de lo que es trauma, y reconocemos sus daños y sus impactos en la vida física, emocional y mental de una persona. Ofrecemos tratamiento cimentado en el entendimiento del impacto severo que trauma puede causar.

