



Oasis

*counseling for
women & children*

*"Oasis is the one place where
I can finally let go of the things
I've been holding on to."*



WHEN TO SEEK COUNSELING

Are you ...

- Feeling sad or overwhelmed?
- Worrying more than usual?
- Feeling irritable and impatient?
- Having trouble sleeping?
- Not eating enough or eating too much?
- Having trouble with memory or focus?
- Losing interest in being with family or friends?
- Just not feeling like yourself and nothing seems to help?

Is your child...

- Experiencing behavior problems at school or at home?
- Adjusting to a separation or divorce?
- Grieving the loss of a loved one?
- Recovering from an incident of abuse?
- Struggling with self-esteem?
- Acting out aggressively?
- Becoming withdrawn?

 **OASIS CAN HELP**

WHO'S TAKING CARE OF YOU?

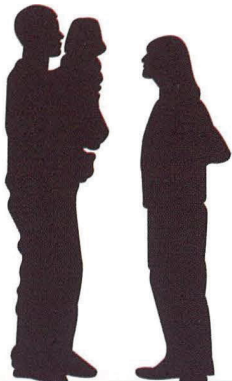
When was the last time you did something just for you? Time with your Oasis counselor is focused time, **just for you**. Oasis' licensed counselors can provide you with the tools you need to...

- Recover from depression and anxiety
- Adjust to a changing life situation
- Heal from abuse and trauma
- Develop healthy relationships
- Meet the challenges in your life

Couples and families are welcome, too.

Counseling at Oasis helps women take better care of themselves and their families.

"I am learning that I am not responsible for everyone else's happiness."



COUNSELING FOR CHILDREN

Play therapy is ...

a natural way for children to communicate and express their emotions, thoughts, and concerns. Oasis' Registered Play Therapists spend quality time with your child in a therapeutic playroom equipped with specific toys and activities designed to **encourage healing and positive growth** in an accepting environment.

With play therapy, children can...

- Reduce negative behaviors
- Become more self-reliant
- Experience a sense of control
- Restore a positive self-concept

Treatment for Adolescent Girls ...

incorporates a variety of approaches to meet each client's unique needs. Adolescence can be a challenging time, but also a wonderful time to **build the coping skills** that will benefit young women throughout their lifetime.



MISSION

The mission of Oasis is to improve the quality of life for vulnerable women, children and families by providing exceptional, professional mental health care in a safe and nurturing environment.

A History of Service

- Founded by Anne Bruno LaRussa
- Incorporated as a nonprofit organization in 1995
- **Served more than 30,000 women, children, and families**

Make Your Appointment Today

Call **205.933.0338** to speak with an Intake Counselor who will set up services for you at Oasis or through secure teletherapy. We will do our best to **see you within 10 business days** of your call.

"I am thankful for the safe haven Oasis provides."





Experienced, Compassionate Counselors

- Licensed Professional Counselors
- Licensed Marriage and Family Therapists
- Registered Play Therapists
- DBT Therapists
- EMDR Certified Therapists
- Trauma-Focused CBT Certified Therapists

Services Provided

- Individual Counseling for Women
- Play therapy for boys and girls ages 3-12
- Counseling for adolescent girls
- Dialectical Behavior Therapy
- Couples and Family Therapy
- Child-Parent Relationship Therapy
- Groups, Outreach and Education

A Cost You can Afford

- Sliding-fee scale
- Medicaid for children
- Private Insurance



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www.oasiscounseling.org

oasis4women

