



# IYG COUNSELING

## WHAT WE OFFER:

- We serve clients age 12-24 yrs old
- Virtual and in-person counseling options
- Short-term counseling (8-10 sessions)
- Connections to long-term therapy after 8-10 week sessions
- Counseling is offered at all IYG locations

## COUNSELING SERVICES INCLUDE:

- Focused on providing therapy that is gender affirming, trauma informed, client centered, and strengths-based
- Art Therapy & Video Game Therapy available
- Individual & group counseling options available
- All services are free of cost!

[MENTALHEALTH@INDIANAYOUTHGROUP.ORG](mailto:MENTALHEALTH@INDIANAYOUTHGROUP.ORG)

Scan the QR code for  
the referral form!

