

GROUP COUNSELING

Turning Point offers a variety of group counseling sessions which allow group members to share their experiences and challenges, while receiving support and feedback from others who have had similar struggles. The goal is for members to learn positive coping methods as well as interpersonal skills and communication techniques that may then be applied to their personal and professional relationships.

Anger Management

- **Youth Anger Management (5-6), (7-10) & (9-13)**
A 12-week course that helps young children better manage their emotions, improve social problem solving skills and strengthen peer relationship skills.
- **Teen Anger Management (14-17)**
A 12-week Orange County court-approved course designed to assist teens to effectively deal with their anger through various means. Group leaders utilize discussion activities, role-playing and interactive learning.
- **Adult Anger Management (18+)**
A 12-week Orange County court-approved course designed to teach adults to handle anger in a healthy, productive manner. Available in English and Spanish.

Teen Diversion Groups

- **Teen Alcohol & Substance Abuse Prevention**
A 12-week program that addresses substance abuse and ways to prevent further usage and dependence.
- **Teen Relationships & Sexuality**
A 12-week course on relating to peers and members of the opposite sex, peer pressure, communication skills, defensiveness and anger.
- **Teen Life/Social Skills**
A 12-week course on learning how to communicate, build one's self-esteem, set boundaries, know what a healthy relationship looks like, manage stress and improve your Laugh Life.
- **Teen Support Group for Girls**
A support group for girls learning to like **themselves**: Image awareness, getting along with others and coping with disappointment.



- **Parenting Classes (Spanish & English) & Parenting Teens Support Group**
A 12-week Orange County court-approved course teaching parents techniques in discipline and conflict resolution, solutions for misbehavior, and active parenting skills.
- **Domestic Violence Support Group for Women (Spanish & English)**
A support group for Women focusing on physical and emotional boundaries & safety, self-care, setting goals and dreams, building self-esteem and controlling self-destructive behaviors.
- **Women's & Men's Support Groups**
A support group for women's and men's issues including depression, anxiety and stress management.
- **Sexual Abuse Recovery Group**
A safe group environment for women dealing with and healing the emotional issues that may arise from being the victim of sexual abuse or assault.
- **Adult Children of Alcoholics & Codependency Group**
An ongoing support group healing issues of being raised in an alcoholic or dysfunctional home and dealing with codependency concerns.
- **Couples Group Counseling (Spanish & English)**
A 12-week course focusing on empathy, validation and improving communication, relationship and conflict resolution skills to assist in developing intimacy.



For a current listing of group times or to enroll in any of the above groups call (714) 547-8111.

SCHOOL PROGRAMS

Turning Point provides counseling services to Orange County School Districts by offering the following topics:

- ✓ Self esteem enhancement
- ✓ Conflict resolution
- ✓ Anger management
- ✓ Relationship skills
- ✓ Parent/child relationships
- ✓ Gang activity suppression



INDIVIDUAL, COUPLE & FAMILY COUNSELING (SPANISH & ENGLISH)

- ✓ **Individual Counseling** provides an opportunity to interact one-on-one with a counselor on specific concerns or struggles. Topics discussed are open, depending on the individual's needs and personal counseling goals.
- ✓ **Couples Counseling** provides the communication tools and practices to effectively work together through challenges within relationships, while developing an understanding and acceptance of each partner's perspective.
- ✓ **Family Counseling** provides a supportive atmosphere to explore all family issues, including family roles and relationships, as well as communication styles within traditional, contemporary, single parent and step-parent families.



Turning Point provides Orange County children and families with professional and affordable quality mental health care in a bilingual and bicultural atmosphere.

OUR GOALS

- ✓ To provide support for individuals in need
- ✓ To help resolve family crisis situations
- ✓ To prevent family problems with early intervention
- ✓ To improve couple and family communications
- ✓ To help parents learn effective skills for raising their children
- ✓ To provide on-site school counseling
- ✓ To fill a void created by the Orange County financial crisis



MISSION STATEMENT

Turning Point Center for Families provides affordable prevention, intervention and therapeutic services to youth, individuals, couples and families with supervised training for graduate students of psychology.

SERVICES

- ✓ Individual, couple, family & group counseling
- ✓ Crisis Intervention
- ✓ Information & referral services
- ✓ Community education

HOURS

Counseling available 7 days a week, Monday through Sunday.

- ✓ Monday-Friday: 8 AM – 9 PM
- ✓ Saturday-Sunday Hours Vary

FEES

Sliding scale based on ability to pay

REFERRALS

- ✓ Department of Social Services
- ✓ Access Schools
- ✓ Schools in Orange County
- ✓ Probation Departments
- ✓ Friends/Parents/Self Referrals



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Turning Point was formed as a non-profit agency on April 28, 1995. Its goals and activities include low-cost, bilingual counseling for individuals, children, couples, and families in the Santa Ana and Orange County areas.



A non-profit agency providing affordable high-quality counseling services to Orange County individuals, couples & families.