



# Mental Health Counseling

Our Mental Health Counseling Services can help those of all ages. We provide help for individuals, couples, and families on a wide variety of topics.



## MENTAL HEALTH COUNSELING

---

- Monday through Saturday appointments
- Day and evening hours
- In-person & Telehealth
- **Locations: Maple Grove and Chanhassen**

We provide mental health services, in both individual and groups, marriages and families, teens/adolescents, and children.

## MENTAL HEALTH TOPICS

---

More information available on our website

- Anger Management therapy
- Anxiety
- ADD/ADHD
- Child Abuse
- Cognitive-Behavioral Training
- Depression
- Divorce/Separation
- Family Therapy
- Grief Counseling
- Learning Disorders
- Parenting Skills
- PTSD
- Sleep Disorder
- Stress Management and more



7945 Stone Creek Drive, Suite 140, Chanhassen, MN 55317  
7384 Kirkwood Ct, Suite 200, Maple Grove, MN 55369  
Main: 1-833-677-4673  
northstarregional.com  
Info@northstarregional.com