



Counseling Services

PAWS Community Adolescent Health Center and E3 Program

PAWS Community Adolescent Health Center

Location:

721 Sixth Ave. Suite A
Three Rivers, MI 49093

Provider:

Atty Flood, LMSW
trpaws11@gmail.com

Enhancing, Expanding Emotional Health (E3) Program

Location:

Three Rivers Middle School
1101 Jefferson Ave. Three Rivers, MI 49093

Provider:

Andrea Scott, LMSW
ascott@trschoools.org

What are the benefits of counseling?

Talking with a counselor can help you deal with thoughts, behaviors, symptoms, stresses, goals, past experiences and other areas that can promote ones mental wellness. It can also offer an emotional release and a sense of really being heard, understood and supported.

In addition counseling can:

- Improve Mental Health
- Increase Confidence
- Improve School Performance
- Help with relationships
- Boost self-esteem
- Improve Social Skills
- Improve stress management
- Enhance Problem Solving
- Improve self-regulation

What are some common topics in counseling?

- Depression
- Anxiety
- Trouble sleeping
- Relationship struggles
- Coping Skills
- Time Management
- Bullying
- Adjustment issues
- Academic Stress
- LGBTQ+ Support
- Race Related Concerns
- Vape Usage
- Substance Abuse
- Sexual Assault or Abuse
- Family / Peer Conflict
- Anger Management
- Goal setting
- Grief and loss



**MENTAL HEALTH
MATTERS**



What can you expect from counseling services?

Our counseling offices provide a safe and private space for you to talk about your concerns. Your counselor will talk with you to help make a plan to meet your needs. You'll have the opportunity to participate in the direction of your treatment, including what topics you wish to discuss and what skills you'd like to learn or improve.

How can you make an appointment to see a counselor?

All students are eligible for services with our office. Call, email, walk-in to the PAWS clinic, or contact your school office to request an appointment. A staff member from the PAWS clinic will contact you to schedule a time to meet.