



Conveniently Located

Arbor Family Counseling Associates is conveniently located one block north and two blocks west of 114th and West Center Road on the southwest corner of Arbor and Cryer Street.



An opportunity to create solutions . . .

Arbor Family Counseling Associates



**11605 Arbor Street
Suite 106
Omaha, NE 68144**

(402) 330-0960

(800) 922-7379

www.arborfamilycounseling.com



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Last Publication Update 10/2/2014

Communication Strategies

Wellness

Stress

Divorce

Parenting/Children

Eating Disorders

School Problems

Work Problems

Managing Change

Anger Management

Drug/Alcohol Abuse

Depression/Anxiety

Domestic Abuse

Relationships

Blended/Stepfamilies

Trauma

Debriefing



What is an SAP?

A Student Assistance Program is an initial assessment and referral service for students. It is intended to open the door to problem resolution assistance from a comprehensive counseling agency. When students resolve personal and family issues, everyone benefits! Parents, students, **and** teachers can concentrate on the student's academic achievements.



Who can access SAP Services?

All students and their immediate families are eligible to participate. Students may refer themselves or be referred by a staff member.

How much does it cost?

Each student and or family member gets two sessions free. Costs for additional services are negotiated individually.

Making a difference by working with schools to help students...

Arbor Family Counseling contracts with school systems to provide Student Assistance Programs (SAPs). SAP assessment and counseling services are oriented to include the child and his or her family. We also provide training and seminars for educational staff.

- Each student receives two *free* sessions with a counselor regarding a specific issue.
- A student may only need an objective listener for guidance through a difficult situation or experience.
- Sometimes a student may need more. Our counselors are trained to assess and help direct the student and/or family to the best available local resources.



Confidentiality

All SAP services are confidential. Successful treatment of personal problems demands confidentiality.

Arbor adheres to all State and Federal guidelines regarding confidentiality.