

## PROGRAMS AND SERVICES

All services are available with bilingual staff

- Family & Individual Counseling
- Couple / Marital Counseling
- Behavioral Family Therapy
- Parent Coaching
- Play Therapy
- Supervised Visitation
- Life Coaching
- Parent Training Seminars
- Training for Professionals
- Corporate Employee Assistance

Sessions can also be held at your home!



*"Continuity gives us roots; change gives us branches letting us stretch and grow and reach new heights. "*

*-Pauline R. Kezer*



At **MTLA, Inc.**, there is team of professionals that offer a variety of compassionate and culturally competent therapeutic and educational services. We offer assistance utilizing an **evidence based approach** for individuals, families, and couples. MTLA also offers a variety of **empowerment services** including life coaching, parent coaching, behavior-based counseling, anger management, and domestic violence counseling.

Each staff member is experienced in working with the court system, and is fully capable of relating to **culturally and socio-economically diverse backgrounds**. MTLA therapists also have many years of experience in the fields of social work, child welfare, psychology, and substance abuse.

**\*Bilingual Services Available\***

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MARY AND TOM LEO ASSOCIATES, INC.

## MTLA FAMILY COUNSELING

over 35 years of success!



**"REAL ANSWERS TO REAL PROBLEMS"**

773. 267.5795

[WWW.MTLAINC.COM](http://WWW.MTLAINC.COM)

CHICAGO, IL

*"It was a good learning experience, the information was very useful. It showed how you can better relate to your child."*

-Letrice



*"My 14-year-old and I formed a closer and happier relationship."*

- Daniel



*"We've become more confident and skilled working through problems as well as asking for help when needed."*

- Brenda

## **SOLVING "REAL ANSWERS TO REAL PROBLEMS"**

At MTLA, you are provided with one of our highly trained team members. Their goal, is to work in **partnership with you**, by attentively watching, listening to your needs, asking key questions, and assisting you in developing a plan that addresses them. If applicable, they will also demonstrate a wide variety of **evidenced based** parenting techniques which can be immediately applied with your children. Our team assists you in integrating the newly acquired skills within your own parenting style, resulting in **you** becoming a more effective and confident parent.

### **Anyone can benefit especially...**

#### Individuals & Couples

- \* who are overwhelmed with obligations and are looking for balance
- \* who are experiencing life challenges such as feeling discouraged, no sense of direction, hopeless
- \* who are experiencing anger management or domestic violence issues
- \* who are experiencing past or present trauma issues

#### Parents

- \* who are overwhelmed with obligations and are looking for balance
- \* who are frustrated by parenting challenges that arise with young children and teens
- \* who want to raise respectful, caring children
- \* who want to improve their relationships with their children

#### Children

- \* who are experiencing behavior problems associated with ADD, ADHD, Depression, Bipolar disorder, or other emotional disorders
- \* who are experiencing difficulty at school, home or socially
- \* who are struggling with life transitions such as new siblings, divorce, and death
- \*

### **With a MTLA Family Therapist learn how to...**

- \* create a family life that works for you
- \* teach your children positive social skills
- \* strengthen your bonds with your children
- \* gain respect from your children
- \* teach your children good decision making skills
- \* feel proud when you go out in public with your children
- \* have a peaceful home