

SPECIAL NEEDS

intervention services coming soon...

- **Speech Therapy**
- **Applied Behavioral Analysis**



FAMILY MATTERS
COUNSELING CENTER


Location

Al Wesam Center
Suite 14, 1st Floor, Building 3013
Road 7543, Block 575
Al Janabiyah, Bahrain

Contact Info

+973 17 47 23 47
+973 36009665

info@familymattersbh.com

 [familymattersbahrain](https://www.instagram.com/familymattersbahrain)

**For an updated calendar of events,
services provided, and prices,
please visit our website or contact
us.**

www.familymattersbh.com

THERAPY & COUNSELING

Psychotherapy involves a working relationship between the client and mental health professional.

Psychotherapy aims to help people who are experiencing various chronic or recurring problems that are significantly impacting them and their significant relationships in many different ways.

Some of these problems are of clinical concern, and some are of a lesser degree, but still require professional intervention.

Psychological and emotional well-being is foundational to succeeding in what you aim for.

FMCC's Mental Health Professionals provide interventions tailored to your specific goals and needs. Our practice adheres to strict standards of confidentiality.

- **Adult Individual Therapy**
- **Couples Therapy**
- **Family Therapy**
- **Adolescent Therapy (Ages 13-19)**
- **Parent-Child Interventions**
- **Child Therapy (Ages 10-12)**

PROFESSIONAL COACHING

Coaching is a type of wellness profession that aims to help people make progress in their lives in order to attain greater fulfillment. Life coaches aid their clients in improving different aspects of their day-to-day lives. Life coaches can help you clarify your goals, identify the obstacles holding you back, and then come up with strategies for overcoming each obstacle. In creating these strategies, life coaches target your unique strengths, skills, and gifts to provide you with the support you need to achieve long-lasting change.

COURSES & WORKSHOPS

Programs with a set curriculum on a particular topic delivered and facilitated through interactive discussions, experiential and skills-building activities, and homework assignments.

FOR ADULTS & TEENS

- **Transformation & Purpose**
- **Parenting**
- **Assertiveness & Communication**

SUPPORT GROUPS

We provide the platform for confidential group discussions focusing on specific challenges to help teens and adults gain new insights, and practice new skills and behaviors to reach your goals.

FOR ADULTS & TEENS

- **Parenting Support**
- **Life Prep for Teens**