

Who we are...

We are committed to providing superior services and optimal care in a respectful and timely manner, delivered by competent and caring staff that is equally committed to care for you and your loved ones.

Company History

In 2008 Mindful Innovations Counseling Services, PLLC was established as a private practice to provide outpatient treatment to individuals and families in search for Behavioral/ Mental Health and Substance Abuse Services. Mindful Innovations Counseling Services, PLLC (MICS) is dedicated to servicing Bexar County and its surrounding population. MICS consists of Licensed Professionals who are proficient in their area of specialty. Our goal is to improve your daily struggles by targeting the challenging tasks in your life. Through mindful thinking and innovative work, our Licensed Professionals can guide you to a brighter tomorrow.



Brighter Future with New Beginnings

Payment

We accept most insurances to include: MEDICAID, BCBSTX, CIGNA, AETNA, HUMANA, UNITED HEALTHCARE and also offer private pay options.

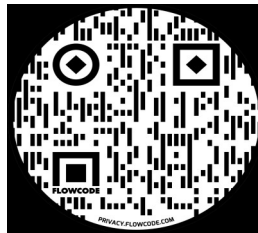
Hours of Service: (By appointment only)

Monday - Thursday: 8am - 6pm

Friday: 8am - 4pm

Saturday and Sunday
by Appointment

CHEMICAL DEPENDENCY TREATMENT FACILITY



Phone: 210-467-5395

Email: admissions@micspllc.com

Web: WWW.MICSPLLC.COM



MINDFUL INNOVATIONS

Counseling Services, PLLC

Substance Abuse & Behavioral/ Mental Health Services

"Treating you with respect
and security"

Tel: (210) 467-5395

Mission Statement

Mindful Innovations Counseling Services, PLLC, is organized by dedicated professionals committed to providing quality behavioral/mental health and substance abuse services and Psychiatric Services. It is our overall goal to enhance the quality of life for individuals and families. Our belief is that all people are valuable and unique and should be treated with dignity and respect.

While recognizing the potential for change, an assessment of the client's emotional, physical, spiritual, and life experience is provided in a caring environment. The growth of the individual is promoted through a course of treatment developed and executed in a timely and cost effective manner.



Today is the day to make a change

Our Mission is continuous improvement of the quality of life for the people we serve in collaboration with our diverse communities in a respectful, caring, culturally sensitive manner.

Services:

Chemical Dependency & Rehabilitation Svcs

To include but not limited to:

- Assessments
- Individual Counseling
- Weekly Groups
- *Supportive Outpatient Program (SOP)
- * Support Groups
- * Relapse Prevention
- Evidence Based Counseling
- Mental Health Counseling
- Psychotherapy Groups
- Anger Management
- School Based Counseling
- Career Counseling
- Marital Challenges
- Family Counseling
- Teenage Challenging Behaviors



Teletherapy Available

Adult Psychiatry

- * Medication Follow ups
- *Individual/Family Therapy
- *Cognitive Processing Therapy for PTSD/Trauma
- *Coping Skills Focused
- *Mindfulness Based Stressed Reduction

“Service with integrity
and security”

Appt. Date:

Appt. Time:



**MINDFUL INNOVATIONS
COUNSELING SERVICES, PLLC**

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San Antonio Texas 78209

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Email: admissions@micspllc.com