



# Why choose us...

Our counseling office stands out because we combine professional expertise with genuine compassion. Here's what sets us apart:

- **Experienced, Licensed Therapists:** Our team consists of highly qualified counselors with diverse specialties, allowing us to match you with the right therapist for your unique needs.
- **Personalized Care:** We don't believe in one-size-fits-all solutions. We take time to understand your goals and tailor our approach to help you reach them.
- **Safe, Supportive Environment:** We create a non-judgmental space where you can speak openly and feel heard, valued, and respected.
- **Evidence-Based Approaches:** We use proven methods such as CBT, DBT, EMDR, and mindfulness to ensure effective, results-oriented therapy.
- **Flexible Scheduling & Teletherapy Options:** We offer both in-person and virtual sessions, including evening and weekend appointments to fit your lifestyle.
- **Confidentiality & Professionalism:** Your privacy is our priority, and we uphold the highest ethical standards in all aspects of our work.

Choosing the right therapist is a personal and important decision. At our office, you will find not only skilled professionals but people who genuinely care.



Frisco Behavioral Health Group, LLC  
Contact Us  
469-213-6400



4500 Hillcrest Road, Ste 145  
Frisco, TX 75035

fbhg2016@proton.me  
9:00am to 5:00pm  
Monday through Friday

friscobehavioralhealthgroup.com

## FRISCO BEHAVIORAL HEALTH GROUP, LLC

The Path to Mental  
Wellness

At Frisco Behavioral Health Group, LLC we are committed to helping individuals navigate life's challenges through compassionate, confidential, and professional counseling services.



# ABOUT US

Frisco Behavioral Health Group, LLC has served the community for over 10 years, offering personalized programs to enhance your well-being and that of your loved ones. As a privately owned practice, we tailor treatment to individual needs.

We have a team of experienced Psychiatrists, Nurse Practitioners, and Clinical Therapists dedicated to providing top-quality care at our behavioral health clinic. Our goal is to set a standard for others in the field and continuously enhance our model for the well-being of our patients.



## ✓ Services:

- **Individual Counseling**
- **Couples & Family Therapy**
- **Crisis Intervention**
- **Kids Group Therapy**
- **Medication Management**
- **IOP**

**After hour and weekend appointments available upon request.**

**Ages 5+**

**Sliding Scale Options**

**Our psychiatrist's takes most major insurances, in addition to Medicaid and Medicare.**

## Casey's Clubhouse

The mission of Casey's Clubhouse™ is to offer a holistic, CASEL-aligned integrated curriculum and support materials that make real differences in the lives of children and families, using Best Practices as our guide. We use a combination of research and technology, and pull from psychology and neuroscience as we look to support a whole mind-body system rather than just pieces and parts.

When it comes to social-emotional learning, we do not believe in one-size-fits-all solutions. That's why we use this curriculum which rotates through different approaches to learning, so kids can absorb and retain skills in ways that apply to them.

Your child will learn skills to help with:

Energy Regulation  
Problem Solving  
Emotional Intelligence  
Trigger Management

Group meets weekly for 50 minutes.

Limited spots remaining – call now to secure your child's place!

