



SILVA FAMILY CENTER

Silva Healthy Minds

Introduction:

Do you ever feel life is not fair to you? Or that no one around you understands what you are going through? At Silva Family Center, we are here to help. We pride ourselves in providing complete support for all your healthcare needs and understand mental health has a significant impact on your overall health. In a world where technology has made it difficult to slow our minds, finding ways to relax and de-stress can be essential. If you are having tough times, know that we are here for you and will create an individualized plan to meet your needs.

We specialize in:

- LGBTQ+ challenges
- Family Counseling
- Substance Abuse
- Anxiety
- ADHD
- Depression
- PTSD
- Cognitive Behavioral Therapy (CBT)
- Sleep concerns
- Body dysphoria
- Panic Disorder
- Eating Disorders
- Addiction
- Faith and spirituality counseling



230 Old Bartow Eagle Lake Rd
Bartow, FL 33830
(863) 800-3741 (863) 800-3742 fax



SILVA FAMILY CENTER

Silva Healthy Minds

Pricing Plans

All monthly plans require a one-time enrollment fee of \$220 per person

Therapy Only Plan (*): \$260 per month (\$65 per week / \$220 for initial enrollment fee, one (1) 45-minute weekly session, unlimited text messaging.)

*Psychological evaluation and establishing treatment plan with goals.

*Fees are per person

Couples Therapy Only Plan: \$480 per month (\$120 per week / \$220 for initial enrollment fee, one (1) 45-minute weekly session, unlimited text messaging.)

Medication Only Plan: \$105 per month / \$220 for initial enrollment fee.

Medication Plus Therapy Plan (*): \$350 per month / \$220 for initial enrollment fee, includes four (4) 45-min weekly sessions, unlimited text.

* Initial consultation for medication management is a complete psychological evaluation including testing, medication management and establishing treatment plan with goals.

Single Sessions: \$90 for a single 45-minute session

\$100 for a single 60-minute session (\$180 for couples)

\$20 for every 15 minutes past the session time

Note: If you are a member of Silva Direct you will receive 10% off all the Silva Healthy Minds plans.

230 Old Bartow Eagle Lake Rd
Bartow, FL 33830
(863) 800-3741 (863) 800-3742 fax



SILVA FAMILY CENTER

Silva Healthy Minds

The 5 pillars of Silva Healthy Minds

S- Safe

We want all our patients to feel safe while under our care knowing that their health and mental state are our number one priority.

I - Individualized

Our treatment plans are individualized to each person and their specific needs.

L- Loving

The base of all care at Silva Family Center. We love our patients, you are family.

V- Value

We value you, your time! We are here for you.

A -Approachable

We want you to feel like you can talk to us about anything that has to do with your mental or physical health.



230 Old Bartow Eagle Lake Rd
Bartow, FL 33830
(863) 800-3741 (863) 800-3742 fax

