



WHAT WE DO

The Bridge of Strength Community Center provides emotional regulation support to youth who are struggling with characteristics of ADHD

We provide small group counselling sessions to help students with ADHD improve classroom performance, enhance learning, and practice a repertoire of school success skills.

While most youths are healthy physically and emotionally, one in every four may meet criteria for a lifetime mental disorder, and, as a result, often face discrimination and negative attitudes.



HOW TO REACH US:

Office

Sunshine Counselor, LLC
Primary Provider & Supporter

703 S Church Street
Building 2 E203
Georgetown, TX 78626

Phone

Office: 512-591-7305
Cell: 254-258-3769

Website

bridgeofstrengthcommunitycenter.com

Email

sunshinecounselorone@gmail.com



EMPOWERING OUR TEENS FOR TOMORROW



www.bridgeofstrengthcommunitycenter.com

OUR SUPPORT GROUPS



Teens with a different style of learning are provided opportunities for social interaction and enhanced youth engagement in therapist-guided group sessions via telehealth and in person. Groups for parents are also available. No waitlist. Call for more information.

Collaborative learning allows youth to learn from each other, build teamwork skills, and deepen their understanding through discussion and collaboration. Groups are well-managed and structured to avoid potential distraction or conflicts. Discussions include mental health, anger, anxiety, suicide and more

We Utilize:

- Strategies for engaging and maintaining student's attention and active participation
- Subtle changes in structure and environment to improve time management, organizational skills and behavior that can benefit ALL children

TIME & COST

Tuesdays & Thursdays

5:30 pm to 7:00pm

(Summer hours may vary)

Cost: Group is \$65.00 per person/sliding scale fee

OUR VISION

**Empowering our
Williamson County youth
for a better tomorrow**

OUR MISSION

The mission of Bridge of Strength is to serve Williamson County community youth ages 12 - 17 struggling with characteristics or traits of ADHD by providing counseling, training, and resources to better meet their mental, emotional and behavioral needs.

CORE VALUES

- **Honor**
- **Compassion**
- **Inclusion**
- **Leadership**
- **Service**

OUR AREA OF FOCUS



ADHD is a complex, biological condition most often diagnosed during childhood. Children with ADHD struggle with inattention, hyperactivity, and/or impulsivity

**“IT IS EASIER TO BUILD
STRONG CHILDREN THAN TO
REPAIR BROKEN MEN”**
Frederick Douglass