

OUR MISSION

Water's Edge Counseling and Healing Center (WECHC) is a multi-disciplinary treatment facility with a specialization in diagnosing and treating eating disorders, depression and anxiety.

WECHC strives to assess and treat individuals through a whole-person perspective.

Our belief is that ultimate healing happens when one approaches healing from a mind-body-spirit perspective within a caring, confidential and collaborative relationship. It is through this mutual relationship between client and provider that life can be reclaimed and once again enjoyed.



The Depression and Anxiety Day Treatment Program is a group-based treatment specifically designed for adults who need additional support or are transitioning from a higher level of care such as inpatient or residential treatment. The program encourages participants to approach their healing journey from a mind-body-spirit approach.

Participants meet three times a week for three hours at a time. The program consists of psycho-education, skills building, mindfulness, crisis management, and process/support. Some examples of skills taught are: cognitive restructuring, relaxation techniques, breathing exercises, self-care, yoga, and other movement therapies.

While in the day treatment program, all clients are required to continue with an individual therapist at Water's Edge CHC or with an already established provider. Weekly collaboration will occur with outside providers, including physicians, medication providers, and therapists.

Hours: M, W, Th 2-5pm

Medical Services

Consultations by our Physician Assistant are available to assist individuals in the medical management of their depression and anxiety.

This group meets once a week and is for adults who struggle with mild, moderate, or severe symptoms of depression and/or anxiety. Each group session includes an interactive learning component, interweaving the mind, body, and spirit followed by supportive/process therapy.

Cognitive - Behavioral Therapy, Mindfulness, Emotion Regulation, Biofeedback, Nutrition Education, and Movement Therapies are incorporated throughout the group.

Dietitian/Chaplain Services

Dietitian Services

Nutritional consultations by our staff of registered dietitians are available to assist individuals in developing a framework of eating that promotes a healthy mind-body connection for those who struggle with depression and anxiety.

Chaplain Services

Our ordained Chaplain specializes in the role of spirituality and healing - this is a free service provided to clients and their families of Water's Edge CHC.

SERVICES

Individual Therapy

Group Therapy

Day Treatment

Marital Counseling

Family Counseling

Christian Based Therapy (if desired)

Specializing in the treatment of:

- ◇ Depression
- ◇ Anxiety and Panic Disorders
- ◇ Post Traumatic Stress
- ◇ Obsessive Compulsive Disorder
- ◇ Trauma

OUR TREATMENT TEAM

- Psychologists
- Marriage and Family Therapists
- Clinical Social Workers
- Physician Assistant
- Dietitians
- Chaplain

Our multidisciplinary treatment team works collaboratively with each individual on their journey to healing

Depression/Anxiety
Services

