

## Mindful Direction Counseling Services, Inc.

Values your journey. Choices are made in the moment according to our road map. The challenge is to unfold it, to know its influence in life's adventure.



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### We offer our clients:

- Individual Counseling
  - Family Counseling
  - Drug and Alcohol Counseling
  - Service Coordination
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**Mindful Direction Counseling Services, Inc.**  
1347 S Third St, Suite 202  
Louisville, KY 40208

PLACE  
STAMP  
HERE



Where people find help for their journey.



**Lete Ansera**

Executive Director

**Lynda Pearman**

Assistant Director

**Cutia Brown**

Clinical Supervisor

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## How We Help

We want to provide our clients the best environment for them: in the office or on location.

Sometimes that is a different setting from the counseling office. Often, the home is the best place to understand the whole family. It may be that a disability or mental condition makes travel to an office difficult. There are times when it is best to visit our client in the school setting.

There are circumstances when a client requires more help than just therapy alone; and that is when we provide them with a Service Coordinator who will consult with them about community resources in the areas of housing, mental health assessment, education, personal or social skills deficits.

## What We Do Best

We offer experienced, caring clinicians and service coordinators that can make a difference in the lives of the people we serve.

*“Thank you for doing what you do! You opened your arms, shared your heart and sent tender, real words of hope and love. You touched the very soul of my precious daughter.”*

## Who are our clients?

We see clients from early childhood through adolescence and into the latter years of life. It is never too early or too late to admit that life is a struggle. Journeys begin one step at a time and there is no one right direction, only a mindful one.



## What We Can Offer



If you want to gain a better ability to cope with a relationship problem, understand your individual road map, your personal goals and values, or achieve a greater understanding of how to move forward with a life issue, please contact us.

Contact Us for Further Information

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