

counseling

THERAPEUTIC
RESOURCES

CHILDREN / TEENS / FAMILIES



VHIBG

VIRGINIA HOME FOR BOYS AND GIRLS



“

Accepting help
wasn't easy but it's
easier now that I
accept help.

”

—KAT, 17 years old

Life just seems to be complicated
and confusing sometimes.

Things aren't going as planned.

Perhaps the plan was working but
changed suddenly.

FOR PARENTS **IT'S ABOUT**
FINDING A PARTNER.

**WITH VHBG THERAPEUTIC
RESOURCES STAFF...**

IT'S ABOUT **family**

Whether strengthening your natural family system or helping you navigate transitions and creating new families through foster care or adoption. We are here.

OUTPATIENT COUNSELING:

Outpatient individual therapy or family therapy is provided by VHBG licensed, trauma informed therapists. These therapies are designed to support you and your family's social and emotional well-being. We help families work through stressors sometimes associated with finances, death, relationships and trauma.



IT'S ABOUT **teaching**

Let us help you learn new skills and strategies to manage life's stresses and challenges by working alongside you and your family.

HOME-BASED:

At VHBG, we want to keep your family healthy, whole, and together at home whenever possible. This is achieved by implementing best practice Intensive In-Home and home-based counseling services. VHBG staff will help identify stressors and supports to best meet your family's needs. At VHBG, we can help you navigate often complex systems in order to keep your family together under one roof.



IT'S ABOUT healing

Let us be a safe place for you to find restoration and hope in your own way, at your own pace.

MENTORING:

VHBG offers mentoring services for youth ages 11-21 who have been referred through DSS, juvenile justice programs, or their local FAPT (family assessment and planning team). Our mentors provide one-to-one, strength-based support services that address communication, daily-living, social skills, and problem-solving. Services take place in the home and community, and can be tailored to meet specific goals.

IT'S ABOUT
making
the call

804.270.6566 EXT. 159

VHBG
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Payment Types:

- Aetna
- Anthem
- Cigna
- CSA/FAPT
- MHNet/Coventry
- Optima
- Private Pay
- Virginia Medicaid

Virginia Home for Boys and Girls (VHBG) is a nonprofit organization that has been serving children in crisis since 1846. Our mission is to help children with emotional and behavioral health concerns by facilitating the healing process using a teaching-family approach. We believe all children deserve to grow up surrounded by a loving, nurturing family and that all children deserve encouragement, protection, and a sense of belonging that come from supportive adult relationships in a healthy family environment and a safe supportive community. After all, a healthy family is critical to every child's ability to live a successful life.

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contact us:

8716 West Broad St.

Henrico, Virginia

804.270.6566 ext.159

vhbg.org