

Signs of concern:

- A significant drop in grades, particularly if you normally maintain high grades
- Social withdrawal or isolation (an outgoing girl becomes shy and withdrawn)
- Sudden changes in appetite
- Insomnia or increased sleepiness
- You feel sad, tearful, or depressed most of the time
- Use or increased use of alcohol, drug, or other substance
- You are constantly having arguments with your family and friends or getting in trouble at school or work
- You feel angry all the time: overly aggressive behavior (such as biting, kicking, throwing things or hitting)
- You experienced a traumatic event: loss of a loved one, attempted suicide or sexual, physical or emotional abuse
- Engaging in risky and unsafe activities (self-harm, unsafe sex, stealing or constantly lying)

These signs may be helpful to you, as well as in your interaction with a friend, student, or relative you think could benefit from counseling.



CONTACT US

16215 Lake City Way NE, Suite H
Seattle, WA 98125

2200 Rainier Ave S, Suite 201
Seattle, WA 98144

(206) 643-9622

www.annara.org

You GROW GIRL!

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MENTAL HEALTH COUNSELING

Annara's **mental health** and **art therapists** work in schools throughout King County, and also see individuals and families at their homes or our offices in South & North Seattle areas inside **You Grow Girl!**

We provide ongoing treatment to **individuals who are socialized and/or identify as female**, six years old and older, who are in need of support services to live successfully in the community. Most of the individuals we serve are low-income and their services are paid for by Medicaid. We do not currently bill private insurance companies but can offer sliding scale fees and assist with any documentation needed for reimbursement.

We are part of **The Navos Consortium** which is made up of other specialty community agencies in King County that focus on providing support services to adolescents, adults and families.



CASE MANAGEMENT

Annara's **case managers** and **mentors** work closely with the individual to provide assistance so they can reach their full potential for learning, growth, and emotional stability.

Through collaboration with the therapist, family, teachers and natural support system our skilled case managers will provide system advocacy to ensure the individual's basic needs are met within all of the systems - **school, family, legal, employment, peers and community.**

GROUP SERVICES

Annara's **groups** use expressive arts methods (**art, role play, music, dance, poetry and creative writing**) to focus on specific issues. Groups are offered in schools, community agencies and at **You Grow Girl!**

We find that groups are a great way to learn from each other as well as gain insight through how others cope and interact with their lives.

YOU GROW GIRL!

FOCUS: SKILLS BUILDING, AGES: 10-17

SHE THINKS

FOCUS: CONFLICT RESOLUTION, AGES: 10-17

MY LIFE

FOCUS: LIFE TRANSITIONS, AGES: 18 & UP

UNITY

FOCUS: DOMESTIC VIOLENCE, ALL AGES

HER FAMILY

FOCUS: FAMILY ENGAGEMENT, ALL AGES

MY SISTAS

FOCUS: HEALTH EDUCATION, AGES: 10-15

CREATE HER

FOCUS: SELF-ESTEEM, AGES: 10-17

Support helps her build self-confidence so that she can reach success