No Estás Solo
You Are Not Alone

Counseling Program

We all have times where we face difficult situations, emotions and relationships. Our counselors can help you develop skills in communication, problem solving, conflict resolution, and self-advocacy. You are not alone on your path to wellness.

We use a sliding scale to determine the cost of sessions, and accept some types of insurance, so that cost will not keep you or your family from receiving counseling.

No Estás Solo Provides:

- A safe space to explore and process life’s challenges with the support of a licensed therapist, including parenting, relationships, family dynamics, major life changes, sadness, worry, stress, self-esteem, grief, loss, and more
- Up to 15 counseling sessions in your home or location of your choice, available to adults, children, teens, couples, or the whole family
- Sessions for children and teens that are geared towards their age and developmental level
- Support groups and connections to other wellness resources

Eligibility Criteria:

- Must be currently enrolled in a program with Any Baby Can, and expected to remain with Any Baby Can for at least two months after counseling begins.
- Household members of a parent or child enrolled in Any Baby Can services are also eligible.

About Any Baby Can:

Any Baby Can partners with parents so children can reach their full potential. With a focus on child development, we guide families in building confidence, nurturing healthy relationships, and planning for the future. We envision a community in which all parents feel supported, valued and empowered to ensure their children have the best chance at a bright future.

Any Baby Can
6207 Sheridan Ave.
Austin, TX 78723

512-454-3743
anybabycan.org

LEARN MORE:
Interested in meeting with one of our therapists? Ask an Any Baby Can staff member how you can connect with us.

FOR IMMEDIATE HELP:
If your situation is life-threatening, call 911 or visit your nearest Emergency Department.
If you need immediate support, call 512-472-HELP (512-472-4357).