



New Leaf – Mental Health Support

Step 3 of the Kingdom Hearts 5-Step Pathway to Independence

What is New Leaf?

New Leaf is designed to help participants process trauma, manage stress, and build a foundation for mental and emotional wellness.

Support You Will Receive

Participants will receive:

- Individual and group counseling
- Support with anxiety, depression, PTSD, and anger management
- Parenting and family restoration sessions
- Stress reduction and coping strategies
- Communication skills and emotional regulation

Why Mental Health Matters

Healing emotionally is just as important as securing housing or employment. New Leaf empowers individuals to take control of their mental health and build resilience.

Our Team

Licensed therapists and counselors partner with each participant to develop personalized care and goals.

Contact Us

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