



## New Leaf – Mental Health Support

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

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#### **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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