What We Do

Description

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WHAT WE DO

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Understanding how drugs and alcohol affect the brain, body, and relationships is an important step in overcoming addiction. Our education programs provide individuals and families with the knowledge and tools they need to support recovery.

Learn More >>>

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Medication can be an important part of mental health treatmentâ??but itâ??s only effective when managed with care and understanding. At Share Wellness Center, we take a thoughtful, personalized approach to medication management.

Learn More >>>

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Recovery is not a journey meant to be walked alone. Our **Drug & Alcohol Support Groups** bring together individuals facing similar struggles to share, encourage, and learn from one another.

Learn More >>>

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Our play therapy sessions provide a safe, creative environment where children can explore emotions, reduce anxiety, and develop healthy coping skills. Using games, art, storytelling, and role-play, therapists help children process experiences in ways that feel natural and comforting.

Learn More >>>

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Our **Family Psychoeducation Program** is designed to equip loved ones with the understanding, tools, and confidence to support one another. We focus on education, communication, and practical skills that strengthen family bonds.

Learn More >>>

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At Share Wellness Center, we believe love can be strengthened through understanding. Our therapists guide couples in improving communication, resolving conflicts, restoring intimacy, and building a healthier partnership.

Learn More >>>

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Mental wellness doesnâ??t follow a single path. For some, healing begins in quiet, one-on-one conversations. For others, it grows in the shared stories of a support group. And for many, itâ??s rebuilt in the sacred space of family.

Learn More >>>

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At **Share Wellness Center**, our psychiatric team takes time to really listen. We look at your symptoms, your story, and your experiences as a whole person, not just a checklist. Through compassionate conversation, evidence-based evaluation, and, when needed, medical testing, we help uncover what may be happening beneath the surface.

Learn More >>>

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Life can change in an instant. A car accident. A violent experience. A loss that shakes you to your core. Or maybe it was something that happened long ago, something youâ??ve carried in silence for years. Whatever the cause, trauma leaves a mark. It can make you feel on edge, disconnected, or like youâ??re constantly reliving the pain even when you want to move forward.

Learn More >>>

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Some days start with dread.
Others begin with a deep exhaustion, not just in your body but in your spirit.
Maybe youâ??re overwhelmed by racing thoughts, or maybe itâ??s the opposite: everything feels numb and distant, like youâ??re watching your life through a fogged-up window.

Learn More >>>

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Life doesnâ??t come with a roadmap, and sometimes, it feels like youâ??re navigating storms with no shelter in sight. Maybe youâ??ve been carrying something heavy: grief, relationship struggles, stress at work, feelings of loneliness, or just a quiet sense that *somethingâ??s off.* Maybe youâ??ve tried to talk about it but didnâ??t feel truly understood. Or maybe youâ??ve been silent for so long, youâ??re not even sure where to begin.

Learn More >>>

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Letâ??s Walk With You, You Are Not Alone

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Whether youâ??re dealing with depression, anxiety, trauma, or addiction, our team of caring professionals is here to walk alongside you. Your story matters, and so does your healing. Letâ??s take the next step together.

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