



Why Crosswinds

+ Services In Your Home

Our services take place in your home. No carting your family to a counseling center and no sitting in a waiting room. The nature of our services allows you to maintain privacy, plus we'll work with your schedule. Morning, afternoon or evening appointments are available to fit your busy lifestyle. If you prefer, you can meet us at one of our conveniently located offices.

+ 24-Hour Crisis Intervention

Have a sudden crisis? We offer 24-hour crisis intervention to any family enrolled in our program.

+ Faith Based

We are faith-based. When clients are open, we utilize prayer, Scripture, and spiritual formation as part of treatment.

+ Plan & Specific Goals

We work together on a plan and specific goals. You will always know the goals we are striving to meet with each member of your family.

+ Family

We focus on family. Our counseling approach seeks lasting change which we believe can only be accomplished with family involvement.

+ Affordable

As a nonprofit with the mission of helping families, we provide excellent services at affordable rates.

Testimonials

*"My daughter was struggling with depression and anxiety and a co-worker referred me to Crosswinds. Our in-home family counseling sessions included learning **healthy ways to handle life situations**. My counselor taught me tools to use when stressful things happen."*

- Cheryl, Fort Wayne, IN

*"**Truly a life-changing experience.** Thanks to our counselor's support, my son is making remarkable accomplishments and has finally discovered God, family, and life. My parenting style has changed and our life is moving in the right direction. Simply said, thank you Crosswinds."*

- Sally, Auburn, IN

*"The commute to and from the counseling agency had become awkward and difficult. It is nice that we **no longer have to worry about that car ride** since you are in our home."*

- Brenda, Columbia City, IN

*"When we found Crosswinds our family was at a point of complete chaos. We still have a long road ahead of us but **the progress that has been made in the last several months is amazing**. I now look forward to going home after work and spending time with my family."*

- Steven, Online

*"I feel like I have **gotten my daughter back**."*

- Joan, Indianapolis, IN




CROSSWINDS
Counseling

Crosswinds
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Fort Wayne IN 46804
CrosswindsYouth.org
877.594.9204
info@crosswindsyouth.org

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Counseling

Crosswinds staff excels at identifying problems, developing a plan, and partnering with you to transform and strengthen your family. We work with families seeking help for:

- + Emotional/mental health issues
- + Suffering marriages
- + Troubled teenagers
- + Communication problems
- + Trauma and grief
- + Adoption issues
- + Ask about additional services we provide

If preferred, our therapists will come to your home which offers comfort and privacy for members of the family while providing us with a better understanding of your household.

Consultation

Through a series of coordinated steps, Crosswinds will develop options on how to go from where you are as a family today to where you would like to be in the future.

+ Initial Visit
Family members will be interviewed as a whole, in small groups or individually. Your family will complete the Family Assets Survey to define key areas, including your strengths and deficits, to determine your family's road to success.

+ Recommendations
Our comprehensive report will give you recommendations specific to your family's needs. It is our goal to provide the direction that you need to overcome the issues that you are currently facing.

Coaching

Crosswinds coaches will give you the skills to:

- + Develop healthy relationships
- + Establish boundaries and routines
- + Create and maintain expectations
- + Learn to adjust and adapt to challenges
- + Learn to have fun as a family

You'll also learn how to:

Nurture relationships with

- + Positive communication
- + Affection & emotional openness
- + Conflict assistance

Maintain relationships by

- + Being open to tough topics
- + Defining boundaries & fair rules
- + Creating clear expectations

Adapt to challenges by learning

- + Adaptability & problem solving
- + Democratic decision making
- + Management of daily commitments

Connect to your community through

- + Neighborhood cohesion & support
- + Relationships with others
- + Enriching activities

Establishing routines, such as

- + Family meals & shared activities
- + Meaningful traditions

Online Counseling

Saves you time.
Time is valuable and Crosswinds Online Family Counseling allows you to skip the commute to an office, creating more effective use of your time.

More comfortable.
When we join you virtually, you and your family are able to experience an added level of comfort and security in your own home.

Respectful of your privacy.
No more sitting awkwardly in a counseling office waiting room; we provide the opportunity to keep your family struggles private.

Provides deeper insight into the issues.
When you are more comfortable, we are able to interact with your family on a more personal level and can gain a better understanding of family dynamics.

