## BAYAUD BRIDGE COMMUNITY COUNSELING

Free mental health consultation

Monday through Friday • 9 a.m. until 2 p.m. No insurance or appointment required

### **COMMON NEEDS ADDRESSED**

- Depression Stress management
- Anxiety Parenting challenges
- Disabilities
  Coping Skills
- Caregiving Support

#### **COUNSELING & CONSULTATION**

- In-person or telehealth sessions available (online)
- Connection to community resources
- Adults 18+

# SERVING THE COMMUNITY SINCE 1969 and assisting residents on their path to self-sufficiency

For 50 years Bayaud Enterprises has been developing programs and services that create jobs and training for future employment that advance the self-sufficiency, health/wellness, and life goals of the people we serve. To reduce barriers to employment, Bayaud programs provide comprehensive, culturally responsive, trauma-informed interventions to improve outcomes for our constituents.

#### **QUR MISSION**

The mission of Bayaud is to create **Hope**, **Opportunity** and **Choice**, with work as the means through which people with disabilities and other hurdles to employment can more fully participate in the mainstream of life.



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Call Us at (303) 248-7979

