

MISSION: FamilyMeans strengthens communities by helping individuals and families* through challenges in all life stages.

VISION: FamilyMeans envisions vibrant and resilient communities where everyone lives to their fullest potential.

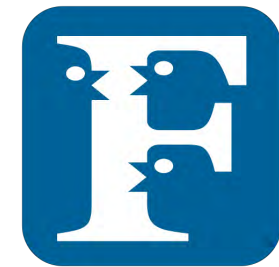
**Definition of Family: A family consists of people, whether living together or apart, related by blood, adoption, or the commitment to care for or about one another.*



FamilyMeans.org
651-439-4840 | 800-327-3203
1875 Northwestern Ave. S.
Stillwater, MN 55082

Stillwater | St. Paul | Rochester
Eau Claire | Hudson

Virtual services also available!



FamilyMeans

BETTER IS POSSIBLE

**Support through
life's challenges**



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Costs/Fees: No client is refused services for inability to pay. When possible, insurance is billed and reimbursements are collected for mental health services. Most other program fees are based on a sliding scale.

FamilyMeans is accredited by the Council on Accreditation. Services are available to all persons without bias to age, gender identity, color, race, creed, national origin, disability, religious affiliation, or sexual orientation. If a reasonable accommodation for a disability is needed, FamilyMeans will make every effort to accommodate with advance notice. Funded under award with Trellis as part of the Older Americans Act.





FamilyMeans

BETTER IS POSSIBLE

Support is here.

At FamilyMeans, our work is life's challenges.
We listen without judgement, offer encouragement,
and believe in you even when you might not.
You can count on FamilyMeans.

Non-Profit
established in 1963.

- Counseling & Therapy**
- Center for Grief & Loss**
- Caregiving & Aging**
- Financial Solutions**
- Youth Development**
- Employee Assistance**

FamilyMeans Programs

Counseling & Therapy

Providing high-quality, easily accessible, and affordable mental health support to individuals and families.

- Outpatient Clinics
- **The Center for Grief & Loss** Specialty Clinic
- School-Based Mental Health
- Individual, Couple, Family, and Group Therapy
- Education and Crisis Response

Caregiving & Aging

Support for family and friend caregivers of older adults and others, with functional limitations.

- Coaching and Consultation
- Education, Information, and Referral
- Support Groups
- In-Home and Group Respite
- Dementia Empowerment Services

Financial Solutions

Offering a suite of services to support individuals and families experiencing financial stress.

- Credit and Debt Counseling
- Debt Management Program
- Education
- Housing Counseling

Youth Development

Serving youth in the communities of Cimarron and Landfall, with year-round out-of-school programming. Equipping youth to learn, thrive, connect, and contribute throughout their life.

- Ready To Be: Post-Secondary Prep
- Gardening and 4H
- Art and Music
- STEM Exploration

Get Involved

Volunteer

Share your time and talents to support our mission! A variety of meaningful, flexible opportunities exist for individuals and groups. Training is available. Please contact our volunteer coordinators to get started.

Join our team

FamilyMeans is always looking for talented individuals to join our team! Positions include full and part-time, as well as, internships. Visit our 'Job Opportunities' webpage to learn more and apply.

Donate

FamilyMeans is a non-profit agency (EIN 41-6045574) and funded by the generous gifts from individuals and corporate donors, special events, grants, and United Way support. Visit our 'Donate' webpage to learn more and make a contribution.

Employee Assistance (EAP)

Your company can contract with FamilyMeans as a benefit to your employees. Offering access to Counseling & Therapy, Caregiving & Aging, Financial Solutions, and legal consultation referrals.

Contact Us!

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