

Welcome to Four Directions Counseling and Recovery Center!

Four Directions Counseling & Recovery Center provides holistic counseling services for the treatment of substance and behavioral addictions, grief and trauma, codependency, and relationship repair. It is our overall goal to enhance the quality of life for individuals, couples, and families by assuring that our counselors continue to develop personally and professionally through their own continued development and training.

Four Directions Counseling & Recovery Center offers a variety of services to assist clients as they enter into personal recovery. Our four areas of services include those related to:

MIND – Focusing on changing thought patterns and changing unhealthy behaviors based on faulty belief systems and past messages that no longer serve us.

BODY – Encouraging proper nutrition and exercise, increased self-care and physical safety.

HEART – Using various theories for couples counseling, individuals and couples learn to develop intimacy and secure attachments that change the way they relate to themselves, their partners, and the world.

SPIRIT – Creating spiritual connections in people's lives is our greatest goal. Through connections with therapy groups, 12 step programs, and individual counseling, individuals explore their relationship with a higher power, themselves, others, and the world in a way that promotes a healthy lifestyle and secure foundation for personal recovery.