

### MISSION STATEMENT

Empowering families, children, and professionals to heal trauma for generations to come.

### CULTURE STATEMENT

We show up with our best selves, so that our patients can find their best selves.

### VISION STATEMENT

Healing the world, one child at a time.

### SYMPTOMS TREATED

- ADHD
- Stress
- Anxiety
- Behavior Problems
- Poor School Performance
- Depression
- Grief & Loss
- Trauma & Abuse
- Relationship Challenges

### ADULT AND FAMILY THERAPY

Therapy can take various forms - cognitive behavioral therapy, mindfulness - based cognitive therapy, psychodynamic therapy, or a combination of these - but at the center of each, is the caring relationship between a mental health professional and a patient.

### COMPREHENSIVE COMMUNITY SUPPORT SERVICES

We provide direct support to families in their communities, tailoring our services to meet specific needs. With practical tools and resources, we help families navigate life's challenges and enhance their well-being. Our expertise lies in customized assistance, effective problem-solving, and positive parenting strategies. Reach out for dedicated guidance and support in strengthening your family.

### TREATMENT OUR TEAM PROVIDES

- In-Person - Greater Albuquerque Area
- Telehealth - Statewide
- Parent Education & Support
- Experiential Play Therapy (EPT)
- Cognitive Behavioral Therapy (CBT)
- Nurtured Heart Approach

### CHILD AND PLAY THERAPY

Children play to learn, grow, and develop as individuals. Play therapy provides opportunities for your child to resolve pain, face fears, and fosters healthy development. At The Community Lighthouse, Experiential Play Therapy is the style of counseling we use to promote healing, and help children process past trauma. In Experiential Play Therapy, the therapist allows the child the freedom to work through struggles at their own pace. A child enters fantasy play to become the creator of their own experience so they can face their fears and feel in control. Our licensed therapists will work with the parent and child to provide guidance and a safe environment where a child can work through the healing process.



## Full Open - Outside

### TEEN THERAPY

Our teen therapy services are designed to help adolescents navigate the complexities of growing up. We offer support for emotional, social, and academic challenges. Our approach teaches teens effective communication, stress management, self-confidence building, and how to form healthy relationships. Our therapists provide a safe and supportive space, using straightforward and effective techniques. For guidance and support in making positive changes, contact us to begin the journey.

Mental health is a vital part of healthy living. Our services help children, adults, and families to lead fulfilling and rewarding lives. We offer a combination of services to meet your needs in a variety of treatment methods so that you can pursue the right approach for you. Our services are designed to support each other and improve the chance of success so that you can get back to living a healthy life.



### THE COMMUNITY LIGHTHOUSE

Everyone at every age deserves to be happy

#### OPEN

Monday-Friday • 8-7pm

3301 Candelaria Rd NE Ste.B  
ABQ, NM 87107

505.273.6300

[THECOMMUNITYLIGHTHOUSE.COM](http://THECOMMUNITYLIGHTHOUSE.COM)

### ACCEPTED INSURANCES

- Medicaid
- Pres Centennial
- United Centennial
- BCBS Centennial
- Molina Centennial
- Blue Cross Blue Shield
- Presbyterian
- NM Medicaid

### NEW PATIENT FORM



**CALL US TODAY TO  
START YOUR JOURNEY!**

### SERVICES

- Child Therapy (ages 2-13)
- Teen Therapy (ages 14-17)
- Family Therapy (all ages)
- Adult Therapy (18+)
- Comprehensive Community Support Services (all ages)
- Spanish-Speaking (all ages)