

COUNSELING SERVICES

The YWRC provides access to Mental Health Counselors to participants for one-on-one sessions and/or sessions including their partner or family. Sessions are a place to experience support and to discuss issues participants deal with in their daily lives. These voluntary and confidential services are offered for free and give participants a safe place to talk, to be listened to and **be accepted for who they are**.



Marcia Bradley

Marcia is our Art Therapist and specializes in creative counseling techniques. She provides voluntary and confidential counseling services for our girls and young women in schools and at the YWRC.

Pronouns: She/Her/Hers

Email: mbradley@ywrc.org



Ayo Davis-Yeboah

Ayo is our Counseling and Program Support Specialist. She provides individual and group counseling at the YWRC, schools and community organizations. Ayo also supports both the Empowerment and Young Moms Programs by facilitating groups as needed.

Pronouns: She/Her/Hers

Email: adavis-yeboah@ywrc.org

Topics covered: depression, anxiety, self-esteem, anger management, empowerment, school-related issues, eating disorders, substance abuse, trauma issues, healthy relationships/family relationships, child-parent therapy, postpartum therapy

Who: Any persons age 10 – 21 who have been socialized and/or identify as female. Trans and nonbinary friends are welcome.

Time and day: All sessions are arranged by appointment, typically Monday-Thursday, 8 a.m. – 5 p.m. Virtual sessions are offered.

To schedule an appointment with Marcia or Ayo, or for more information, contact them via their emails listed above or by calling our main office at (515) 244-4901.