

THADDEUS RESOURCE CENTER SERVICES

CASE MANAGEMENT

Individual appointments with a case manager to discuss any resources you may need or references to outside organizations that we can help you with. These services are for anyone who is unsure what resources they may need help with and if they need guidance/support with unemployment, job training, mental health services, or any other of our programs. (Offered virtually in Spanish/English)



MENTAL HEALTH SERVICES

Therapy can be anything from mental health services to needing someone to talk through life experiences & circumstances. These services can be for anyone struggling with mental health or certain circumstances placing stress on their life. (Offered virtually in Spanish/English)

SUPPORT GROUPS

Three types available: LIFE group to discuss life experiences/difficult situations you may be having, Finding Myself discusses self help and how to give yourself self-care during this time, and Coping with Stress & Anxiety which discusses how to help yourself through stress and anxiety & discuss your experiences. All three groups are available to single moms, teens, & middle school students. (Offered virtually in English)



LIFE COACHING

Individual coaching to help plan for your future and create goals for yourself in professional and personal aspects. Services offered for any adult that feels they need a little guidance with life planning. (Offered Virtually in Spanish/English)

For more information on our services, visit our website thaddeus.org! Contact us by email info@thaddeusfoundation.org or at (909) 599-2111!