

Our Programs

We offer a number of programs that are fact-based and completely personalized. In recognizing that each person is different, our experts work with our clients to find the program that fits best for them.

Services

- Individual Therapy
- Family Program
- Alumni Program
- Trauma Informed Therapy
- Mindfulness Groups
- Yoga
- Music Therapy
- Art Therapy
- Experiential Groups
- Case Management
- Holistic Approach
- 12 Step Models

Levels of Care

We offer three levels of care that include Partial Care Program, Intensive Outpatient and Outpatient.



Get Help Today!

855-698-3554

www.HarborWellnessCenter.org

24 Hours a Day | 7 Days a Week