



## About Family Systems

### Something on your mind?

Maybe you or someone you know is struggling with...

Anger Management  
Anxiety  
Behavior modification  
Communication  
Conflict Resolution  
Coping skills  
Crisis intervention  
Depression  
Divorce / Blended Families  
Emotional Management  
Family Therapy  
Grief / Loss  
Interpersonal-relationships  
Marriage Counseling  
Problem-solving  
Social skills  
Self-esteem  
Trauma / Abuse

### Call us. We can help!

#### Cedar Rapids

4089 21<sup>st</sup> Avenue SW, #211

319-654-9195

Fax: 319-654-9197

#### Iowa City

1519 S Gilbert St

319-338-9212

Fax: 319-354-8956

[www.sui.org](http://www.sui.org)

Family Systems is committed to providing quality mental health services to improve the lives of the individuals we serve. Our mission is to offer services to children and families to assist them in meeting the challenges they face to become more successful in their homes, communities and schools.

Therapy and skill building services are offered to children, adults, couples, families and groups. Services can be provided in our office, the home or occasionally the schools. Our professional staff consists of licensed social workers, mental health counselors, and family therapists.

Licensed therapists and counselors provide a variety of therapeutic specialties to assist with issues including anxiety, depression, grief/loss, trauma, blended families and relationship problems.

Behavioral Health Intervention Services (BHIS) are voluntary services for those who are eligible for Medicaid. BHIS providers utilize skill building interventions to reduce mental health symptoms and to help individuals function effectively with their families, peers and community.

Family Systems accepts funding sources such as Magellan of Iowa; Iowa Medicaid Enterprises; Children's Mental Health Waiver; private insurances including Wellmark, Hawk-I, Tricare, Midland's Choice and others. Also, we can assist in obtaining grant funding.

*"This is not a College Community School District publication. It is being distributed through the school district as a community service of the district to inform you of other community activities or services available."*