



• Pathways • For • Change •

Growing minds & brave hearts through counseling

TWO DECADES AGO, a quiet revolution in children's mental health began with a simple vision: to create a place where every child could be seen, heard, and guided back to their true self. Today, Pathways For Change is a sanctuary for hope, a home for healing, and a force of innovation shaping the future of mental health care.

For 20 years, Pathways For Change has walked alongside thousands of families. Its true legacy lies not in numbers or programs, but in lives touched and futures rewritten. From the moment families walk through the doors, they feel the warmth of belonging, clinical excellence that builds trust, and assurance that transformation is possible. Young children rediscover joy, teens reconnect to purpose, and families find renewed connection.

Pathways For Change meets children where they are, blending expertise with creativity.



Virtual Reality Therapy reduces anxiety while engaging imagination. Dungeons & Dragons Therapy Groups build courage and empathy. Social skills programs, ADHD coaching, trauma-informed care, expressive arts, and neurodiversity-supportive practices help every child thrive.

With expansion into new communities, partnerships with schools and pediatricians, and investment in cutting-edge therapy models, Pathways For Change continues to set the standard for mental health care. Every child is invited to discover not just who they are, but who they are meant to become.