

Treatment Services for men and women experiencing the problems of:

- Depression
- Stress and Anxiety
- Poor Self-Esteem
- Family Conflict
- Poor Socialization
- Domestic Violence
- Sexual Victimization
- Poor Judgement or Impulsiveness
- Anger Control Issues
- Post Traumatic Stress Disorder (PTSD)
- Marital Dysfunction

The Sterling Center offers the opportunity for help through participation in:

- Individual Counseling
- Group Counseling
- Family Counseling
- Marriage Counseling
- Parenting Training & Consultation