

## Westlund Guidance Clinic: Helping People Since 1942

Thank You for attending the SMILE Program. The Parenting for Success or SMILE (Start Making It Livable for Everyone) Program is a collaboration of the Westlund Guidance Clinic, the Saginaw County Friend of the Court, The 10th Judicial Circuit Court of Saginaw County and the Domestic Relations Committee of the Saginaw Bar Association.



### Hours of Operation:

Monday: 8 AM to 5 PM  
Tuesday: 8 AM to 8 PM  
Wednesday: 8 AM to 7 PM  
Thursday: 8 AM to 7 PM  
Friday: 8 AM to 5 PM  
Saturday: Limited availability

*We require 24 hours notice for cancellations. If appointments are not kept or cancelled, new appointments may not be scheduled.*



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WESTLUND  
GUIDANCE CLINIC

A Subsidiary of SVRC Industries

Westlund Guidance Clinic  
3253 Congress Ave  
Saginaw, MI 48602

Phone: (989)793-4790  
Fax: (989)793-1641  
[www.westlundclinic.com](http://www.westlundclinic.com)



WESTLUND  
GUIDANCE CLINIC

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*Parenting for  
Success:  
Additional Services*



*A Tradition of Caring  
for People of All Ages*

# Welcome to Westlund Guidance Clinic

The Westlund Guidance Clinic provides professional psychotherapists to facilitate the SMILE program (Start Making It Livable for Everyone). This program is designed to inform parents of information that may be useful with helping children adjust to the break up in their parent's relationship.



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In addition to the SMILE Parenting for Success Program, Westlund Guidance Clinic has assessment and counseling services for adults, children, and families experiencing problems with their social, emotional, and behavioral functioning or mental health. Our staff has extensive experience dealing with the issues related to divorce and the impact on both the adults and children in families.

For some issues, a Psychiatrist may be necessary. Westlund Guidance Clinic has two consulting Psychiatrists available for evaluations and medication management.

## How Do Therapists Help?

Therapists understand human behavior and know how to assist to improve symptoms or concerns. Westlunds' therapists all have Masters Degrees in Social Work or another related Human Services field.

We treat all people with dignity and respect. We know that people feel anxious or uncertain at first and we strive to explain



services clearly and to help you feel comfortable

using our services. Your information is kept confidential, except with a signed release, when reporting is required by law or is required for your protection. Westlund asks that individuals sign a release for their family doctor to coordinate care, but this release is optional.

As part of treatment, therapists will provide support, may suggest different ways to see or respond to problems or may provide new information that improves your understanding of your situation. Therapists can also coordinate services with family doctors, schools, or other resources to best meet the needs of you or your child.

## Make An Appointment!

It is easy to make an appointment with the Westlund Guidance Clinic for individual or family counseling for you or your child. Simply pick up the phone, call (989)793-4790 and choose ext. 204.



Our Intake Specialist will ask you to identify preferences for a therapist, time of the initial appointment and advise you that you can have a support person present. The Intake Specialist will help you with understanding insurance coverage. We accept most commercial insurances as well as HMO Medicaid insurances. We have an additional contract with Saginaw Community Mental Health to provide children's outpatient services here at Westlund.

