



**INDIAN
HEALTH BOARD**
Quality Healthcare for Our Community

1315 East 24th Street
Minneapolis, MN
55404



Counseling & Support Clinic

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Miiwinzha/Wicohan

Every now and then, something can get the best of us. Whether it is a feeling, like sadness, a behavior like hyperactivity, a reaction like anger, or things in life just start adding up and stressing us out. All these things can affect us in different ways, physically, mentally, emotionally, and even spiritually. Personal and historical traumas can sometimes shape our view (perspective) of life and cause us to be unbalanced. You are not alone.

We offer trauma informed approaches for healing through:

Individual counseling for children, adults and elders

Psychological Assessments

Psychiatric services

Chemical health assessments

Men and Women Groups Available