

Psychiatrist Referral:

1. <https://www.thebrainspa.net/>

Provides psyc, counseling and addiction treatment. Accepts insurance.

(cash pricing is expensing) \$400/200, counseling \$250/session

2. <https://www.psychiatryofthepalmbeaches.com/>

Located on Burns Rd

Therapy:

ThriveWorks- <https://thriveworks.com/>: Psychiatry and Counseling. Online and in person. Accepts insurance.

<https://cerebral.com/plans/therapy>

Therapy + Meds = \$325/mo and Therapy Only = \$259/mo, and Care Counselor + Meds = \$85/mo. Not bad pricing considering one face to face counseling session with a psychologist can be \$250+. Free Emotional Assessment

Group Meetings:

-SmartRecovery: national organization. Online meetings.

-Oasis Club in PBG, on Burns Rd. Meeting in person.

-Christ Fellowship on Northlake, around the corner from us. Meetings in person, offers free childcare.

Meditation

Mind Oasis- Free, online.

Insight Timer App-Free

HeadSpace Episodes on Netflix- Free with ones account

Smiling Mind App- Free

Helpful Resources:

<https://pbchub.org/services.html>

<https://www.rentalassistancepb.org/>

Recovery Centers:

<https://rockrecoverycenter.com/programs/outpatient/>

<https://aionrecovery.com/drug-alcohol-rehab-services/aftercare-program/>

<https://mandalahealingcenter.net/>

<https://www.transformationtreatment.center/>