

PROGRAM OFFERINGS

DEMENTIA CAREGIVER PROGRAM

This award-winning program (National Alliance for Caregiving 2013) provides a set of educational sessions for caregivers of persons with dementia.

When paired with individual counseling, our caregivers show significant changes in caregiver depression and anxiety.

NEW GAMBLING ADDICTION PROGRAM

We are pleased to partner with Sandia Casino Responsible Gaming Program to offer gambling addiction counseling, as well as screenings and educational presentations. We specialize in older adults but are able to provide treatment to all ages.

PARTNERS WITH MEADOWLARK SENIOR CENTER

We provide consultations and presentations to members and staff.

Counseling Services That Meet Your Needs

If you worry about depression, anxiety, dementia, grief or any type of life problem, please don't hesitate to call us. We're committed to helping you achieve the quality of life you desire.

We Offer:

- *Individual Counseling
- *Relationship Counseling
- *Group Counseling
- *Care Assessment/Planning
- *Dementia Caregiver Support
- *Educational Presentations
- *Referrals and Resources

We offer counseling services to older adults, adults, youth and children in the Albuquerque/Rio Rancho Metro area.

Our licensed, experienced, and trained staff of social workers, psychologists and counselors is available to assist you.

**Call for questions
Or to make an appointment
(505) 990-4186**

Our Philosophy and Guiding Principles

PeopleWorks-NM, a nonprofit organization, was founded by Cindy Anderson, MSW, LISW to provide mental health and well-being services, regardless of economic status.

Ms. Anderson has almost 30 years of experience in social services. She was awarded the NASW-NM Social Worker of the Year for 2009.

In Cindy's words: "I strongly believe people can change their lives for the better. Psychotherapy is a journey, a parallel process to our real life. It is a healing journey, a partnering with another and baring of our soul in a healing process."

COPAY & INSURANCE INFO

Copay assistance may be available for qualified economically disadvantaged persons. Home visits may be available if mobility is an issue.

We accept most major private insurances and Medicare.

**Email:
Peopleworksnm@gmail.com**