

## Our Method

At AAR we use the latest methods available to assist with your specific needs. Our Trained Professional Staff will assist you in Discovering strategies to help solve your problems and reduce confusion, pain or addictive behavior.

Our therapists are specially trained to utilize effective treatments resulting in the best individualized program for you. AAR Counseling Services always offers free anonymous depression screenings.

Call 1-800-289-7102 for times and information.

Our program combines proven traditional methods with a cutting edge therapy based on well documented research. Is your addiction causing problems with work, personal relationships, social, recreational, or activities of daily living? Whether you have a addiction to alcohol, drugs, food, gambling, sexual addiction, anxiety, stress, trauma, codependency, Adult child of Alcoholic issues, Victim of emotional or physical abuse, Anger, Domestic Violence, GLBT persons, relationship issues, family issues our program will assist you in returning to a functional lifestyle.

Our commitment is to provide techniques that produce tangible results for personal change and growth. We also cater to professionals confidentiality by offering telephone counseling and anonymity counseling sessions.

Our Prompt, affordable Therapy sessions are available in four locations to better serve your needs.

AAR Counseling Services is the only facility in Collier and Lee Counties that has been specifically designed to assist with successful traditional treatments as well as innovative therapies.