



# STAR VISTA

## Helping All Ages and Stages Through Life's Challenges



## INSIGHTS

StarVista's Insights Adolescent Treatment Program offers person-centered, culturally humble, and trauma-informed outpatient counseling services for youth ages 12-21. We support youth through general life transitions, difficulties with substance use, challenges with emotional regulation, healthy relationships, and healing from traumatic events, among others. Our team aims to support youth towards empowered and self-aware decision-making that positively impacts them, their families, and communities.

Through careful assessment and case consultation, Insights offers comprehensive services that include individual, group, and family counseling sessions; case management; and parent support sessions. Participants work collaboratively with staff to identify and regulate their emotions and learn about key topics such as healthy communication and healthy relationships, the effects of substance use on the body and mind, mindfulness, and more.

### LOCATIONS:

#### Redwood City:

420 Brewster Ave.  
Redwood City, CA 94063

#### Daly City:

333 Gellert Blvd., Suite 206  
Daly City, CA 94014



### Contact:

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## For more information, call: (650) 366-8436

