

Who Are We?

Fernbrook Family Center offers mental health and therapeutic services in nine counties across southeast Minnesota.

Services are offered in a variety of environments in the home, community or in our office locations. These include in school, day treatment, child care settings, and more.



Our Services

Therapy

Our staff are ready to help you find solutions to life stresses and challenges. Areas of treatment can include: anxiety, depression, grief and loss, gender and sexuality, trauma and abuse, and adapting to life changes.

Skills Training & Development

Skills services provide an opportunity to practice skills in the moment as they are needed. Skills can occur in an individual, family, or group setting. Services can focus on goal areas such as: communication skills, coping skills, ability to transition, and compliance.

Who Is Eligible?

Individuals of all ages and backgrounds regardless of race, color, sex, religion, disability, or national origin are eligible for services.

Call us at (507) 446-0431 for more information relating to insurance, cost of services, and individual circumstances.

How To Get Started?

If you or someone you know feel services may be beneficial to you or a loved one, please visit our website, www.fernbrook.org, to fill out our referral form or call us to speak with an Intake Specialist.