

# CAPABILITIES STATEMENT



**MOTIVATING MINDS**  
Mental Health Counseling

## About Us

**DUNS: 054010489 | CAGE CODE: 9Q456**

**MOTIVATING MINDS COUNSELING IS A MENTAL HEALTH SERVICE** that provides individual and group counseling to minority teens and adults struggling with anxiety, trauma, depression, life changes, and teen behaviors. We also provide trainings and workshops on a variety of wellness topics to corporate companies, colleges and universities, school districts, and community organizations.

## Our Programs

- Individual therapy
- Group therapy
- Corporate training
- Speaking engagements
- Wellness Workshops

## Community Benefits

- A relationship is established with businesses and community in collaboration with educating individuals, workers and families.
- Provide educational workshops on mindfulness and mental wellness to improve community growth.

## Certifications

**NCC: 1375966**

**LPC: 87190**

## School Benefits

- Reinforces the value of mental health to all students and community stakeholders.
- Provides resources to school to enhance the students' mental well being.
- Provides education and training to enable staff to become more trauma informed and resilient.

## NAICS Codes

**624190**

## Partners Benefits

- Employees are educated on how to manage mental health in the workplace.
- Improvement in employee performance & therefore increase in productivity.
- Decrease costs related to turnover, burnouts and absenteeism.

**POINT OF CONTACT:**  
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