



# My Achievement Center



## Contact Us



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## M.A.C.'s Mission

To address all dimensions of wellness to help one make the best choices from a place of self-awareness that represents the best version of oneself.

## What is Total Wellness?

An active pursuit of being the best version of oneself by being self-aware and accountable of one's choices, behaviors, and lifestyles.

*Helping to Achieve  
Total Wellness*



## Services Provided

### Group:

Working with peers under the direction of a facilitator to learn different skill sets to manage emotions and behaviors.

### Case Management:

Interventions and one on one sessions to provide additional supports outside of group.

### Counseling:

Individual sessions to explore and process intense emotions and challenging behaviors.

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*Achieving total wellness is not a destination but a constant quest to be the best version of oneself.*

## Wellness is Multidimensional

Emotional  
Mental  
Social  
Physical  
Spiritual  
Environmental

## How does M.A.C. help achieve total wellness?

Non-Traditional Methods  
Using fine arts and sports along with therapeutic activities and modalities to help achieve  
Total Wellness

### Emotional Wellness

Teaching emotion management techniques and coping strategies.

### Mental Wellness

Teaching problem solving skills and internal and external conflict resolution

### Social Wellness

Teaching social skills, assertiveness and healthy boundaries

### Physical Wellness

Teaching nutrition and therapeutic recreation

### Spiritual Wellness

Empowerment to find purposes and passions according to personal beliefs

### Environmental Wellness

Advocacy and support at school, home, and in the community