

## **Stephanie Jaksina, LPCA**

### **Behavioral Health Care**

University of Bridgeport Master in Clinical Counseling



### **About Me**

I have worked in the Mental Health Field for 13 years, in many different settings and roles. I have a strong background in individual, group and family therapy. I generally enjoy working with children and educating our youth!

### **Fun Facts**

I love spending time with my family especially my nieces and nephews, snuggling my cats, going to the beach, shopping, decorating, art, and watching some good movies. My favorite food is sushi, Favorite color is Neon!

### **About FHCHC's SBHC Behavioral Health Care**

Fair Haven Community Health Care's school-based behavioral health is a safe haven for students, providing confidential counseling and behavior modification practices for all Bishop Woods students, regardless of their ability to pay.

Children experiencing any of the following would benefit from behavioral services/weekly therapy:

- Struggling with anxiety, depression, trauma, or any other mental health issue
- Crisis intervention
- Bullying, including cyber-bullying
- Peer conflict
- Family conflict
- Emotion regulation
- Other childhood challenges

One-on-one counseling for all ages is available, as well as family therapy and group therapy. Group topics will be determined based on student needs.

If you have a question, would like to make a referral, or schedule a confidential conversation about a student, please call Stephanie at **475-220-7300 ext.7356**. Fair Haven Community Health Care is proud to be part of the Bishop Woods student success team. We look forward to welcoming your students back to school!