

## Serving Youth and Veterans Over 30 Years Experience

The best in providing evidence-based trauma-informed workshops to empower you to live a life filled with purpose, peace, and joy.

We also offer individual mentoring and coaching sessions.



**Meet Me At The Crossroads** shares in the mission to develop mentoring programs for the underserved people in need, using targeted education. Our motto is PURPOSE-PEACE-JOY. Our two-fold MISSION is to serve and impact the lives of youth and Veterans.

For **THE YOUTH** our mission is to provide a safe environment for them to gather and learn applicable life skills to successfully navigate through the many challenges they face on a daily basis. To educate, motivate, and empower them to take charge of their destinies. We use evidence-based, trauma-informed counseling techniques, lived experiences, and biblical principles to assist in the process of facing and dealing with life traumas that have impacted mental, emotional, psychological and spiritual well-being.

For **OUR VETERANS** our mission is to assist our service men and women to access services they need after active duty. Through active listening and motivational interviewing, we help our Veterans uncover intrinsic motivators, causing them to believe in the process of change and offer hope for a brighter tomorrow. We provide guidance in mapping out the steps necessary to achieve self-identified goals, developing a plan of action and working through discrepancies as they arise.

We facilitate Dynamic, Empowering, Interactive Workshops in the areas of Healthy Relationships, Self-Love/Self-Care, Pride, Forgiveness, Trust/Control, Communication, Peer Pressure, Marriage, Divorce, Rejection, Isolation, Fear, Depression, Abuse, Addiction/Recovery, Domestic Violence, Mental Strongholds, and more. We also offer individual mentoring and coaching sessions.