



**We are here to support you and your family by providing wellness and mental health services**

**Support and Wellness Groups in the Face of Covid**

College & Young Adult Groups  
High School Groups

Middle School Groups  
Parent Groups

**Organizational Support and Structure in the World of Distance Learning**

Executive Functioning Support

**College Readiness**

Assessments  
Groups

Launchwell™ Online Program (<https://launch-well.com>)

**Career Counseling for New College Graduates**

**Intensive Mental Health Treatment for Young Adults**

ASCEND Program

**Outpatient Mental Health Services for Anxiety and Depression**

**For more information please contact 301-654-7770 or visit our website at [www.metcounseling.com](http://www.metcounseling.com)**