

# Assessment

- Crisis identification
- Family needs assessment
- Substance abuse assessment

# Treatment

- Parent education
- Court approved counseling
- Court specified courses
- **Cognitive behavioral therapy**
- Drug & alcohol treatment plans
- Youth Tobacco Education™ program

# what is

## Cognitive Behavioral Therapy

CBT is based on the idea that our *thoughts* cause our feelings and behaviors, not external things, like people, situations and events.

The benefit of this fact is that we can change the way we think to feel / act better even if the situation does not change.

# Help Available

Several packages are available to manage your family's specific issues and level of crisis.

Focusing on parenting skills, child social/life skills and family relationship skills.

Help is provided to low income families with sliding scale fees.

Bilingual services are available.

*Los servicios bilingües están disponibles.*

*Feeling trapped?*



*Feeling misunderstood?*



**B**orn and raised in San Luis

Obispo, Victoria Wayner graduated from UCSB with a certification in counseling, specializing in addiction.

She has worked in the public school system for 10 years focusing her work in on-campus anger management and drug and alcohol group counseling.

She created and directs the court-mandated Youth Tobacco Education Program™ for over 15 years.

Victoria is a licensed Parent Project™ Facilitator and enjoys educating adults and young people alike.



*About Victoria*

**Victoria Wayner**

**Certified Counselor**

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**Available at the  
FAMILY RESOURCE CENTER**



**Victoria can help your  
family in crisis.**

**She can assess your family's  
needs and follow through  
with a treatment plan.**

**Family**  
**Counseling You Can Trust**

*Specializing in  
assessing and treating:*

**Drug & Alcohol Abuse**

**Family Issues**



**Family Assistance when  
you need it most.**

**Victoria Wayner**  
CERTIFIED COUNSELOR