



Treatment built for you

Charlie Health offers specialized treatment and curated groups that match clients based on age, life experiences, and mental health goals.

Treatment Modalities

- Cognitive Behavioral Therapy (CBT)
- Dialectical Behavior Therapy (DBT) Skills
- Art Therapy
- Music Therapy
- Dance & Movement Therapy
- Yoga, Mindfulness & Meditation
- Eye Movement Desensitization and Reprocessing (EMDR)
- Peer & Parent Support Groups
- Attachment-Based Family Therapy (ABFT)
- Motivational Interviewing (MI)
- Drama Therapy
- Spirituality
- and more!

Curated Groups

- Social Isolation
- Victims of Bullying
- PTSD
- Screen Addictions
- Female-Identifying Trauma
- BIPOC-Specific
- LGBTQIA+ DBT Skills
- LGBTQIA+ Advocacy
- Military Families
- Gender Dysphoria
- Split Second Decision Making
- Substance Use: Active Recovery
- Substance Use: Contemplating Change
- Healthy Relationships
- Body Image, Gender Specific
- and more!