

## Our Vision

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**At Ophelia's Place all girls are safe,  
valued and powerful.**

Ophelia's Place is a community for all girls ages 10-18. We offer a wide range of innovative, gender-specific services including skill-building, counseling, education and leadership opportunities. These strength based services are designed to help girls develop healthy relationships, make healthy choices, build a strong sense of self and increase decision-making abilities.

## Our Mission

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Ophelia's Place is a prevention based organization dedicated to helping girls make healthy life choices through empowerment, education and support.

Ophelia's Place  
a community for girls  
1577 Pearl Street, Suite 100  
Eugene, OR 97401



## Therapy Services



Ophelia's Place  
*a community for girls*

[www.opheliasplace.net](http://www.opheliasplace.net)

Phone: 541-284-4333

1577 Pearl Street, Suite 100

Eugene, OR 97401

Tax ID: 274675345

# Therapy

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## Our Approach?

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We encourage young women to develop their voice, giving them an opportunity to talk about any issue important to them.

We work collaboratively with girls to set goals and reinforce a healthy sense of self, healthy choices and healthy relationships.

We support the development of:

- \* Self-care skills
- \* Boundaries
- \* Assertive communication
- \* Mindfulness
- \* Self-awareness
- \* Self-acceptance
- \* Coping skills
- \* Stress management
- \* A positive body image

Ophelia's Place provides professional, individual, family and group therapy for girls ages 10—18 using a strength-based, girl-centered and goal-focused approach.

Ophelia's Place therapists and interns have significant experience working with adolescent girls and tailor therapy to the unique needs of girls within our community. Prior to seeing a therapist each girl will complete a brief orientation process to determine her needs.

**To schedule an orientation please call:  
541-284-4333**

## Fees

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Our therapy services are available at a sliding scale fee. Our sliding scale ranges from \$1—\$60 and is based on individual circumstances and income. We happily accept cash, check and credit cards. Payment at time of services is greatly appreciated. We do not bill insurance or OHP. Girls are not turned away due to inability to pay.

**We do not accept payments  
via insurance or OHP**

## Our Specialties

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Our therapists offer specialization in issues that are important to girls, such as:

- ✦ Body image concerns
- ✦ Eating disorder prevention
- ✦ LBQ concerns
- ✦ Gender questions
- ✦ Healthy dating
- ✦ Self-harm
- ✦ Improving social skills
- ✦ Depression and anxiety
- ✦ Sexual abuse/assault
- ✦ Friendships
- ✦ Relational aggression

We do not offer:

- ✦ Mental health evaluations
- ✦ Psychiatric evaluations
- ✦ Diagnoses
- ✦ Labels
- ✦ Medication prescriptions or adjustments
- ✦ Mandated services
- ✦ Adult counseling