



All clinical services are provided by licensed mental health providers. These services are delivered in areas of competence (defined by education, training and experience). All clinical staff follow agency Code of Conduct, State licensing regulations, and their respective code of ethics in the provision of clinical services.

Mission: Life Skills Learning Center is committed to excellence in behavioral health service delivery. We strive to provide culturally aware and ethical counseling services by highly competent counselors who focus on the unique needs of the client.

Our Vision is to be a model behavioral healthcare system by providing extraordinary care and superior service.

About Us

We believe that getting to the root or core of the issue in our lives is the only way to bring lasting change. Focusing on our behavior or symptoms can lead us to more underlying aspects of “who we are”. This doesn’t give us an excuse for what we do, but can help us understand ourselves better and then be in a position to change. Many people don’t understand why they do the things they do which often makes us feel like we must be “crazy”. We end up feeling very frustrated, confused and often hopeless.

We recognize the value in people and help them to become the person they always wanted to be. Everyone has the ability to contribute to our community; everyone has a unique story. We’ve also found out that there are many similarities in our stories. We help others because we are willing to share from our own stories about our successes and failures.

“Mental Health is a sickness just like diabetes, heart problems or eye problems; we all need help”

Life Skills Learning Center

(located on the 3rd floor of the Matt 25 Hope Center)
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Life Skills Learning Center

- Psychosocial Assessments
- Drug/Alcohol Assessments
- Counseling Services
- Treatment Planning
- Crisis Intervention
- Life Skills Classes
- Anger Management Classes
- Domestic Violence Classes
- Parenting Classes



Classes

- Life Skills Classes – These group sessions are based on a psychological, educational program that provides tools to help clients learn to improve or rebuild their lives. It is a gender-specific class that meets for approx. 26 weeks. It is a progressive learning experience therefore the group closes shortly after starting. If participants sign up while classes are in progress, they will be placed on a waiting list for the next available class. The cost is based on a sliding fee scale and can be paid weekly making it affordable.
- Anger Management Classes – These group sessions are offered on Thursday evenings from 6:00 PM to 7:30 PM and last for 8 weeks. The cost for this course is \$150. Payment plans can be arranged. This class will help you better understand anger, its purpose in our lives, and how we can gain control over such a powerful emotion.
- Parenting Classes – These group sessions are offered various evenings from 6:00 PM to 7:30 PM. When offered they are free to the public. You will learn the childhood development stages, why children act out, understanding your teenager, how to recognize your emotions- how they affect your parenting, and more.
- Domestic Violence Classes – These group sessions are for men who have found themselves in the judicial system. These classes meet the requirements of the State of New Mexico for those in the legal system for “Battery of a Household Member”. Classes are ongoing Monday night 6:15 PM to 7:45 PM.

Counseling Services

- Psychosocial assessments are evaluations of a client’s mental, physical and emotional health. It takes into account not only the physical health of the client, but also the client’s perception of self and his or her ability to function in the community.



- An alcohol or drug assessment is an interview between a client and the clinician. The clinician identifies the client’s alcohol/ drug use. After the assessment, the Clinician will make recommendations based on the client’s answers.
- Licensed Counselors are available to help with depression, anxiety, stress, relationships, adjustment, PTSD, loss and trauma. Our clinician’s licensure includes Licensed Mental Health Counselor, Licensed Clinical Social Worker, and Licensed Professional Clinical Counselor. Our counselors hold certifications in Circle of Security, Infant Mental Health and Eye Movement Desensitization & Reprocessing training. Sessions range from 45 to 60 minutes. We offer day and evening appointments.
- A mental health treatment plan is a document that details a client’s current mental health problems and outlines the goals and strategies that will assist the client in overcoming mental health issues. To obtain the information needed to complete a treatment plan, the clinician will interview the client.

Crisis Intervention

- Crisis intervention is helping people in distress. We have clinicians on hand to counsel people in danger of harming themselves or others; supporting those undergoing acute crises, such as terror attacks or natural disasters; and helping clients dealing with other distressing issues, such as grief, loss and bereavement.

IF YOU NEED HELP NOW!

- Call 911 or go to your local emergency room
- National Lifeline: 1-800-SUICIDE
- NM Crisis & Access Line: 1-855-NMCRISIS (662-7474)
- Crisis Text Line: Text “Go” to 741-741



For more in-depth information about any of our services, please visit our website at www.LifeSkillsClovis.com or call 575-935-4411.