

## WE CAN HELP!

Whatever the problem might be, our experienced professionals are waiting to help you. No problem is too big or too little to be addressed! We are committed to you and to helping you solve life's problems so that you can be happy and fulfilled.



## CONTACT US AT:

**281-444-2678**

or

**[www.anewdaynow.com](http://www.anewdaynow.com)**

## PAYMENT OPTIONS

We accept credit cards, managed care and insurance, and employee assistance programs.

**WHAT WILL WE  
DO FOR YOU?**

When you come for your sessions, he will assist you to develop a solution plan to resolve the concerns that you are having. A variety of therapy approaches are available. Start your program of personal change today!

## WHEN TO ASK FOR HELP

Many people who need support and encouragement never ask for it. They are afraid if they ask for help they may appear weak, be labeled as crazy, or look dumb or stupid to their friends. Some are afraid others will find out they went for help and conclude they have a "mental problem."

We encourage you to take the important first step and call us at **281-444-2678** or visit our web site today. We are ready to provide you with quality services.

## DR. JOHN GARLOCK'S CREDENTIALS

- Certified Employee Assistance Professional
- Licensed Professional Counselor
- Licensed Chemical Dependency Counselor
- Licensed Marriage and Family Therapist
- Certified Alcohol and Drug Abuse Counselor



## THE FAMILY RESOURCE CENTER BROCHURE

JOHN GARLOCK, PH.D.  
LPC, LMFT, LCDC

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THE WOODLANDS, TEXAS 77380

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1406 STONE HOLLOW PLACE #300  
KINGWOOD, TEXAS 77339

VISIT OUR WEBSITE AT:

**[WWW.ANEWDAYNOW.COM](http://WWW.ANEWDAYNOW.COM)**

"LET'S CO-CREATE YOUR FUTURE NOW"



## WELCOME TO THE FAMILY RESOURCE CENTER

Welcome! My name is Dr. John Garlock, founder of the Family Resource Centers. We have served the Houston metropolitan area for eighteen years. My education includes earned Doctoral degrees in Counseling and Psychology. I offer you a great deal of experience, having worked in hospitals, outpatient centers, schools, and in Employee Assistance Programs with all age groups and types various of concerns. Let's start on your path of personal discovery!



Because The Family Resource Center is a family owned business, we offer a relaxed and reassuring atmosphere that is missing from many larger outpatient practices. We have a variety of innovative approaches that we can use to help you resolve your presenting concerns in the shortest amount of time possible.

**281-444-2678**



## OUR SERVICES & PROGRAMS

We believe that personal change can be enhanced and facilitated by the careful delivery of effective solution-oriented services. Personal change does not have to be a confusing process. Planned and guided personal change can lead you to the happiness that you have been seeking.

Personal change is directly related to the time and effort that you expend on your skill personal development. The services and programs listed here are designed to help you obtain the maximum benefit and change in the shortest amount of time. We look forward to helping you start a program of personal change today.



## SERVICES AND ANSWERS TO LIFE'S PROBLEMS

- Personalized evaluations and counseling plans
- Cognitive therapy approaches
- Counseling for all ages and types of concerns
- Educational services for problems
- Individual counseling and therapy
- Marital and family counseling
- Evaluation Chemical Dependency
- Critical incident debriefing services

## HOW CAN WE HELP?

Perhaps you have tried to get help and couldn't. Or maybe you've tried and couldn't afford the help that was offered. Or maybe by now you feel you've "been there and done that" and *still* are looking for answers. Don't be discouraged. We're certain that we can help you devise a plan of personal growth and change that will lead you to the happiness that you are seeking.

Whatever your concern: depression, addiction, your relationship, your job, or your family; we can help you find the answers that you are seeking in a caring, supportive and confidential environment. We are open six days a week with three convenient locations. We offer on line educational programs if you cannot come to our offices. We also offer you professional and effective solutions to these and many other problems:

- Depression or mood difficulties
- Alcohol or drug use/abuse
- AD/HD child/adolescent/adult
- Work addiction/adjustment
- Troubled relationships
- Job stress and life stress
- Parenting difficulties
- Family problems

## VISIT OUR WEB SITE



**[www.ANewDayNow.com](http://www.ANewDayNow.com)**