

About Us

At Natalis, we believe that positive change is always possible to achieve healthier, happier lives, relationships, and families. The key is to know that every problem has a solution — through communication, understanding, and personal effort, anything is possible.

We are devoted to creating positive change and making behavioral and mental health services accessible to everyone in the communities we serve, in a diverse, friendly, and professional environment.

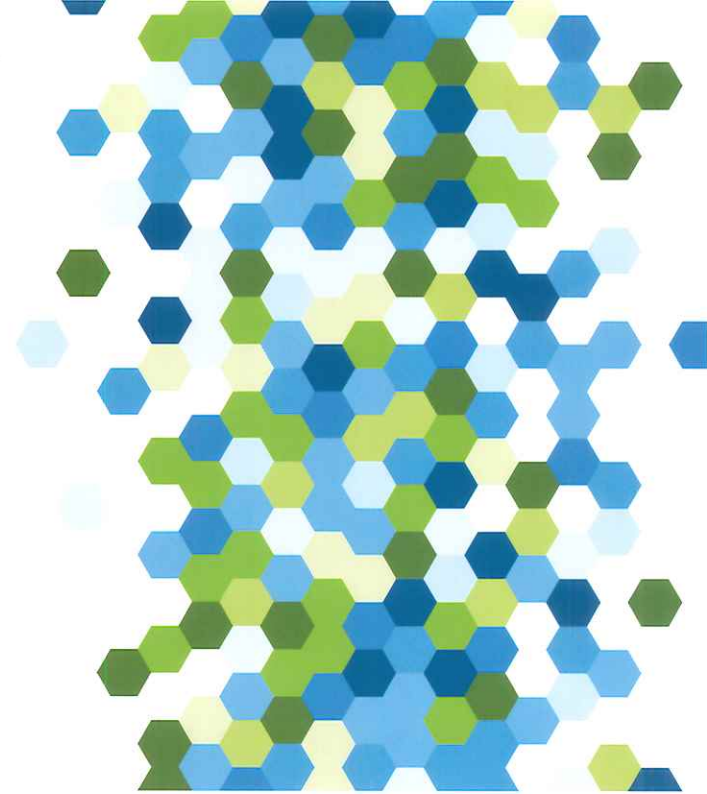
The name Natalis comes from the first instance of psychology in history when people started to believe that they were able to have their own will and choose their own destinies, apart from the gods.

Contact Us

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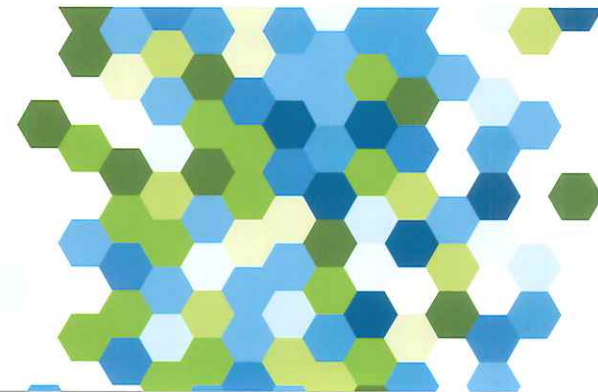


1600 University Avenue West
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PROPEL

A Drug and Alcohol Abuse Prevention and Intervention Program





Teen Intervene

Designed specifically for youth who may be experimenting with early alcohol or other drug use, Natalis's Teen Intervene Program provides education, support, and guidance for teens and their parents.

Through six sessions, youth work one-on-one with a Natalis clinician to identify and change their choices and behaviors. Parents work with their teen for long term success and a healthy future!

Everyday Parenting

This six-session program is divided into three skill areas focusing on the concept of mindful parenting: supporting your teens positive behavior, setting healthy limits, and building family relationships by helping parents change interactions with their teen.

Parents and adolescents work together to create positive change, while Natalis clinicians provide support, guidance, and tools for helping their child stay drug-free.

Teaming up to be Drug-Free

Natalis Counseling & Psychology Solutions and Natalis Foundation are teaming up to offer two new programs to help youth stay drug and alcohol-free:

TEEN INTERVENE & EVERYDAY PARENTING

Both programs will be offered at Natalis Counseling & Psychology Solutions in St. Paul.

We're propelling youth and their families to get the best counseling to continue a drug-free lifestyle in a supportive and educational environment.

Helping adolescents and parents live a healthy and drug-free life.

