

Mental health is a vital part of healthy living. Our services help children, adults, and families to lead fulfilling and rewarding lives. We offer a combination of services to meet your needs in a variety of treatment methods so that you can pursue the right approach for you. Our services are designed to support each other and improve the chance of success so that you can get back to living a healthy life.

Accepted Insurances

- All Medicaid
- BCBS NM
- Presbyterian
- NMHC
- True Health NM



Find us on social media:

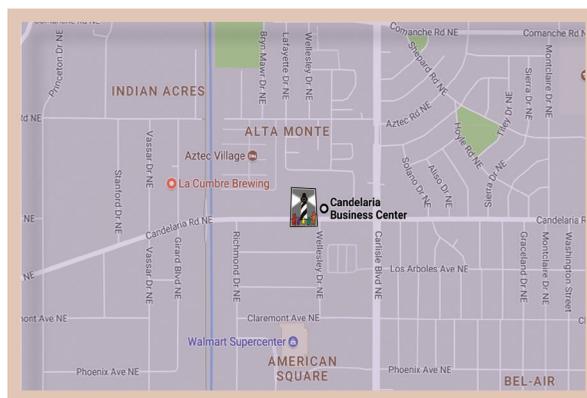
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In today's fast paced environment, it is more important than ever to slow down and take care of yourself. Diet and exercise have long been part of healthy living. An increasing body of research suggests that mental health care is as vital to your health and success as diet and exercise. If you, or your loved ones, are facing difficult times in your life, call us today and let us help you overcome life's challenges so that you can take back control of your life.

**Call us today to
start your journey!**



The Community Lighthouse

3301 Candelaria Rd NE Ste. B, ABQ, NM 87107

Open 7 Days a Week

(505) 273-6300

TheCommunityLighthouse.com



The Community Lighthouse

*Everyone at every age
deserves to be happy.*

Mission Statement

Empowering families, children, and professionals to heal trauma for generations to come.

Culture statement

We show up with our best selves, so that our patients can find their best selves.

Vision Statement

Expand access to quality mental health services to a community at need.



Services our team provides

- Play Therapy
- Parent Education & Support
- Behavior Management Services
- Adult, Family, and Child Therapy

Symptoms Treated

- ADHD
- Depression
- Stress
- Grief & Loss
- Anxiety
- Trauma & Abuse
- Behavior Problems
- Poor School Performance

Adult and Family Therapy

Therapy can take various forms - cognitive behavioral therapy, mindfulness - based cognitive therapy, psychodynamic therapy, or a combination of these-but at the center of each, is the caring relationship between a mental health professional and a patient.



Child and Play Therapy

Children play to learn, grow, and develop as individuals. Play therapy provides opportunities for your child to resolve pain, face fears, and fosters healthy development. At The Community Lighthouse, Experiential Play Therapy is the style of counseling we use to promote healing, and help children process past trauma. In Experiential Play Therapy, the therapist allows the child the freedom to work through struggles at their own pace. A child enters fantasy play to become the creator of their own experience so they can face their fears and feel in control. Our licensed therapists will work with the parent and child to provide guidance and a safe environment where a child can work through the healing process.

Behavioral Management Services

Behavior management services are for families with high need children that could use a little more support than therapy alone. The role of the Behavior Management Specialist (BMS) is to assist children in learning skills important for daily living. These skills include: learning to manage their energy, managing their emotions, having the ability to accept "no" and "wait".