



STARRY Counseling

2150 S. Central Expressway Suite 160
McKinney, TX 75072
Phone: 469-617-7476
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STARRY'S mission is to support children, youth and parents in crisis through services that protect, educate and promote strong families.

- **FREE COUNSELING SERVICES**
- No cost to clients for services (no maximum/minimum income requirements)
- Insurance is not necessary to qualify for services
- A diagnosis or referral is not required to request services
- No waiting list guaranteed
- Initial intake appointment is offered within seven days of phone screening

Qualification factors:

- Services for children from ages 6 to any youth still in High School
- STARRY cannot accept youth who have been formally adjudicated
- Legal guardian must call to initiate services
- CPS cases can be accepted on a case by case basis

STARRY Also Offers Groups and Parenting Classes:

- **Free Parenting Classes:**
 - **Nurturing Parenting:** Family centered parenting classes to improve parenting skills and relationships.
 - **Parent Café:** Support group for parents that concentrates on protective factors.
- **Free Groups for Youth:**
 - **Coping CAT and CAT Project:** Helps youth and teens cope with anxiety through recognizing & understanding emotional/physical actions, clarifying thoughts/feelings in anxious situations, developing plans for coping, and evaluate and giving self-reinforcement.
 - **Positive Action (for elementary children):** a five-part curriculum based on the intuitive philosophy that children feel good about themselves when they do positive actions. Concentrates on the Thoughts-Actions-Feelings Circle (TAF) illustrates how this works in life: our thoughts lead to actions and those actions lead to feelings about ourselves which in turn lead to more thoughts.

STARRY offers office appointments in the following locations:

Sherman, Bonham, Gainesville, Paris, Sulfur Springs, Rockwall and McKinney

To make appointments at any location above, please call

(469) 617-7476