



B.R.I.C.K Program

Building Reality with Imagination, Curiosity, & Knowledge



What We Do

ASOP provides free therapy centered on self exploration, personal awareness, introspective analysis, and drug education. Sessions use role playing, journaling, and chess lessons to build positive behaviors and social and emotional intelligence. We also offer virtual monthly parent workshops with parenting tips to strengthen family dynamics.

Who We Serve

Youth ages 12 to 17 who are exhibiting delinquent behaviors, mental health issues such as anger or stress management, anxiety, depression, oppositional defiance, parenting challenges, difficulty resolving conflicts, and/or who are involved in substance use or the juvenile justice system.

How We Do It

By using evidence-based clinical interventions like Cognitive Behavioral Therapy (CBT), Trauma-Focused Cognitive Behavioral Therapy (TF-CBT), motivational interviewing, and reality therapy.

Why We Do It

Our goal is to help youth make better decisions, use healthy coping strategies, and set goals for their lives. We also aim to improve parenting skills and mindfulness for adolescents and their families. This improves quality of life, reduces delinquency, and gives participants the opportunity to achieve success on purpose.

When We Do It

Individual and family therapy is offered once a week by appointment for about 8 weeks, with telehealth available if needed. Group therapy meets in person on Saturdays from 11 a.m. to 3 p.m. for about 10 weeks. Our virtual parent workshop takes place on the first Saturday of each month from 1 p.m. to 2:30 p.m.

Where We Do It

Program services are conducted at the offices of Self Talk Counseling & Consulting, located at 3126 Milton Road, Suite #234, Charlotte, NC 28215.

Find out more:

 www.asopnc.org  info@asopnc.org  704-264-4761

Enroll your child today!

