



**Company Profile**  
**2024/25**



# Restore Your Peace



# About Us

Treasured Minds is a compassionate counseling and therapy service based in Lusaka, Zambia, dedicated to providing accessible mental health care. Through personalized one-on-one sessions, corporate counseling, and community outreach, we empower individuals and families to achieve holistic well-being.

## Our Mission

At Treasured Minds, we are committed to making high-quality mental health services accessible and attainable to everyone. We believe in the power of grace, hope, and compassion to heal, and we strive to ensure that every individual knows they are not alone in their journey towards mental wellness.

Through strategic partnerships, one-on-one sessions, corporate counselling, and community outreach, we aim to create a culture of holistic mental health care that reaches every corner of our community.

## Our Vision

Our vision is simple yet profound: to make mental health services a natural and accessible part of everyone's life. Treasured Minds seeks to partner with healthcare professionals, NGOs, and professional bodies to create a network of support that is as diverse as the needs of the community.

We aim to have trained counselors and social workers available at healthcare centers across Lusaka and beyond, ensuring that mental health support is just as accessible as physical healthcare.





# Founder's Story

**"Mental health is not just a professional passion for me; it's deeply personal. I've walked the path of struggle and healing, and that's why I believe so strongly in the need for accessible, compassionate mental health care for everyone."**

*— Tabo, Founder of Treasured Minds*



Founded by Tabo in Lusaka, Zambia, Treasured Minds was born out of a deep-seated passion for mental health and wellness. Tabo's personal experiences have shaped the vision of this organization, and she is dedicated to bridging the gap between those in need and the services that can truly help.

Her mission is to see mental health services integrated into everyday healthcare, making support easily accessible to all individuals, regardless of their background or financial capacity.



# Our Services

## Overview of Services

At Treasured Minds, we believe in the power of mental health and wellness as the foundation of a fulfilling life. Whether it's through one-on-one therapy, family sessions, corporate counseling, or community outreach, our goal is to provide accessible and high-quality mental health services that support the holistic well-being of every individual.

Below is a comprehensive guide to our services, designed to help you take the first step towards healing and empowerment.



# One-on-One Counseling

*“Healing starts with the courage to take the first step. We are here to walk alongside you on your journey to mental wellness.”*

Our individual counseling services offer a safe, confidential, and non-judgmental space for you to explore your thoughts, feelings, and experiences. Whether you are facing anxiety, depression, trauma, or simply navigating life’s changes, our compassionate counselors are here to guide you through every challenge.

## **Our Focus Areas in One-on-One Counseling:**

- **Anxiety and Depression:** Understanding the root causes of your feelings and developing coping mechanisms to reduce stress, manage symptoms, and regain emotional balance.
- **Grief and Loss:** Providing a supportive environment to process grief and navigate the complex emotions that come with loss.
- **Trauma Therapy:** Helping you heal from past trauma, whether physical, emotional, or psychological, using evidence-based techniques.
- **Self-Esteem and Personal Growth:** Encouraging personal development, self-awareness, and building the confidence to live the life you desire.

Each session is tailored to your unique needs and progress is made at your own pace, ensuring you always feel supported.



# Life and Career Guidance

*“Sometimes, finding your way requires a little guidance. We are here to help you discover your purpose and potential.”*

Navigating life's transitions, whether personal or professional, can be overwhelming. At Treasured Minds, we provide Life and Career Guidance to help you find clarity and purpose in your journey. Whether you're facing a career change, looking for more fulfillment in your personal life, or dealing with major decisions, our counselors offer support and actionable strategies to help you move forward.

## **Our Life and Career Guidance Services:**

- **Career Transition Coaching:** Helping individuals plan and execute career changes, whether through exploring new opportunities, building skills, or overcoming workplace challenges.
- **Personal Goal Setting:** Guiding you in setting and achieving meaningful personal and professional goals.
- **Work-Life Balance:** Assisting you in creating a balance between work responsibilities and personal well-being.
- **Purpose and Fulfillment:** Helping you identify your values, passions, and strengths to live a life aligned with your true self.





# Retreats and Bootcamps

*“Step away from the noise and focus on reconnecting with yourself.”*

Our Retreats and Bootcamps offer immersive experiences designed to promote mental clarity, emotional healing, and personal growth. These sessions, held in tranquil and nurturing environments, allow individuals to engage in deeper self-reflection, mental wellness practices, and healing activities.

## **Our Retreats and Bootcamps Focus On:**

- **Mental Wellness Retreats:** Designed to help individuals reset and recharge by participating in mindfulness exercises, group therapy, and personal coaching sessions.
- **Leadership and Team Building Bootcamps:** For organizations looking to improve team cohesion, communication, and emotional intelligence among their leaders.
- **Healing and Self-Discovery Retreats:** Facilitated by experienced therapists and coaches, these retreats focus on personal growth, healing from past traumas, and fostering self-compassion.

Participants leave these experiences feeling rejuvenated, empowered, and equipped with tools to sustain mental well-being in their daily lives.



# Community Outreach Programs

*“Mental health is a collective responsibility. We are committed to bringing wellness to every corner of the community.”*

Our commitment to mental health extends beyond individual sessions. Treasured Minds engages in Community Outreach Programs designed to bring mental health services to underserved and at-risk populations. These programs are created in partnership with local healthcare centers, NGOs, and other organizations to ensure that mental wellness is accessible to everyone, regardless of their socio-economic status.

## Our Community Outreach Initiatives Include:

- **Workshops and Awareness Campaigns:** Offering mental health awareness workshops, seminars, and campaigns to schools, communities, and public spaces to promote understanding of mental health issues and reduce stigma.
- **On-Site Counseling:** Providing mobile counseling services in healthcare centers, schools, and community hubs where people can access mental health support without barriers.
- **Partnerships with NGOs:** Collaborating with non-profit organizations to create sustainable mental health programs that address the needs of marginalized populations.
- **Mental Health First Aid Training:** Training community leaders, educators, and healthcare workers to recognize signs of mental health crises and provide appropriate support or referrals.

These programs are driven by the belief that mental health is a universal right, and we are dedicated to making mental wellness services both available and attainable for all.



# Addiction Counseling

*"Addiction is not a choice, but recovery is possible. We're here to guide and support individuals on their path to healing."*

Treasured Minds' Addiction Counseling services are designed to help individuals and families navigate the complex journey of recovery from various forms of addiction. Whether it's substance abuse or behavioral addictions, our compassionate approach provides the tools and support needed for sustainable recovery and a healthier life.

## Our Addiction Counseling Focus:

- **Drug and Alcohol Addiction:** We help individuals understand the root causes of their substance abuse, offering personalized recovery plans that address the physical, mental, and emotional aspects of addiction.
- **Behavioral Addictions:** From gambling to sex addiction, our counselors specialize in treating compulsive behaviors that impact daily life, relationships, and overall well-being.
- **Relapse Prevention:** Recovery is a lifelong journey. We provide clients with relapse prevention strategies, helping them recognize triggers and build resilience against relapse.



## **Our Comprehensive Addiction Support:**

- **Individual Therapy:** Through one-on-one sessions, we provide personalized counseling to help clients develop coping mechanisms, manage cravings, and build healthier habits.
- **Family Support and Counseling:** Addiction affects the whole family. Our family counseling sessions foster communication, provide education on addiction, and help rebuild trust and support within the family unit.
- **Group Therapy and Peer Support:** We offer group therapy sessions where individuals can connect with others facing similar challenges, offering a space for shared experiences and mutual support.

## **Virtual and Teletherapy Counseling**

*"Your mental wellness matters, no matter where you are. With our virtual and teletherapy services, help is just a click away."*

### **Benefits of Virtual and Teletherapy:**

Our virtual and teletherapy services offer flexibility, allowing clients to schedule sessions that fit into their busy lives without the need for travel. Whether in remote areas or unable to attend in person, clients can access high-quality mental health support from anywhere. We prioritize confidentiality, ensuring secure sessions with the same privacy as in-person counseling. For those in long-term therapy, teletherapy provides consistent support, even during life changes like travel or relocation.

### **Services Offered:**

We provide virtual individual counseling, couples and family therapy, corporate wellness programs, and addiction counseling, all designed to meet your needs conveniently. At Treasured Minds, we make mental health care accessible and effective, no matter your location.



# Marriage and Family Counseling

*“Family is the foundation of society, and strong, healthy relationships within that unit are essential for emotional well-being. We’re here to help families thrive.”*

Treasured Minds’ Marriage and Family Counseling services are designed to support couples and families through life’s challenges. From communication issues and conflict resolution to managing significant transitions, our therapists provide a compassionate and solution-focused approach to healing and strengthening relationships.

## Our Marriage Counseling Focus:

- **Communication and Conflict Resolution:** Teaching couples to communicate more effectively and resolve conflicts in a healthy manner.
- **Rebuilding Trust and Intimacy:** Helping couples overcome obstacles such as infidelity or emotional distance, and rebuild trust.
- **Life Transitions:** Supporting couples in navigating major life events such as marriage, parenthood, or career changes.

## Our Family Counseling Focus:

- **Parent-Child Dynamics:** Assisting families in improving relationships between parents and children, whether due to behavioral issues, miscommunication, or emotional disconnection.
- **Blended Family Support:** Helping blended families navigate the complexities of new family structures and ensuring all members feel heard and valued.
- **Family Crisis Management:** Offering support for families going through major challenges such as divorce, loss, or relocation.



Our goal is to empower families and couples with the tools they need to thrive, ensuring they leave sessions with stronger connections and a deeper understanding of one another.

## Counselors in Healthcare Centers Initiative

*“We envision a future where mental health services are integrated into every aspect of healthcare, making wellness accessible to all.”*

One of our key initiatives at Treasured Minds is to place Counselors and Social Workers in healthcare centers across Zambia. This initiative is designed to ensure that mental health support is available where it is most needed—in clinics, hospitals, and community health centers—so that individuals can receive holistic care that addresses both physical and mental wellness.

### Goals for the Initiative:

- **Integration of Mental Health in Healthcare:** Ensure that mental health services are recognized as a vital component of overall healthcare and made available alongside physical health services.
- **Partnership with Healthcare Providers:** Work with healthcare centers, doctors, and clinics to create collaborative care models that treat the whole person.
- **Accessibility:** Make it easy for people to access counseling and social work services without the barriers of cost, stigma, or long waiting periods.



# Corporate Services

## Overview of Corporate Services

At Treasured Minds, our corporate services are designed to foster a mentally healthy and productive workplace. We offer tailored solutions, including Employee Assistance Programs (EAPs), stress management workshops, leadership coaching, and conflict resolution services.

Our goal is to support employee well-being, enhance team cohesion, and improve overall organizational performance. By integrating mental health into your corporate culture, we help create resilient teams that thrive in today's demanding work environment.



# Corporate Services & Partnerships

*“The journey to holistic wellness is one we walk together, hand in hand with professionals, organizations, and communities.”*

At Treasured Minds, we recognize that the impact of mental health care can be amplified through strong collaborations. We are actively seeking partnerships with healthcare providers, NGOs, and professional bodies that share our vision for mental wellness.

## Partnership Benefits:

- Access to mental health experts for staff and clients
- Joint initiatives for public awareness campaigns
- Co-hosted wellness retreats and programs
- Capacity building and training for in-house counselors and social workers.

# Corporate Counseling Systems

Our corporate counseling programs are built around measurable and achievable systems designed to improve the mental well-being of employees. Through:

1. **Initial Employee Assessments** – Anonymous surveys to gauge the mental wellness needs within the company.
2. **On-Site and Remote Counseling Services** – Regular availability of licensed counselors for one-on-one sessions, both in person and virtually.
3. **Workshops & Seminars** – Focused on mental health education, stress management, conflict resolution, and team-building exercises.
4. **Follow-up & Evaluation** – Quarterly evaluations to measure employee engagement, productivity improvements, and overall wellness.





These programs not only help to address current mental health challenges but also foster an environment of emotional resilience and psychological safety in the workplace.

### **Holistic Health Initiatives**

In collaboration with our healthcare partners, we aim to position counselors and social workers at key healthcare centers across Zambia. These professionals will provide immediate mental health services, ensuring that mental and emotional well-being are recognized as critical elements of overall health. Our system of implementation includes:

- **Training for healthcare providers** on mental health screening and early intervention.
- **On-site counselors** who provide immediate support to patients alongside routine medical checkups.
- **Referral systems** to ensure that those needing long-term care are connected with professional therapists.



# Why Choose Treasured Minds?

*“Your mental health is our priority, and with us, you’ll find grace, hope, and the compassion to heal.”*

## **Compassionate Care**

At Treasured Minds, we approach every client with empathy, grace, and a commitment to understanding their unique challenges. We believe that mental wellness starts with compassionate, professional care.

## **Accessible and Affordable**

We are committed to making mental health services affordable and available to everyone. Through partnerships with healthcare providers, NGOs, and community organizations, we ensure that mental health care reaches those who need it most.

## **Holistic Approach**

We take a holistic approach to mental health, understanding that wellness involves every aspect of a person’s life—from relationships and career to physical health and personal growth. Our services are designed to address the whole person, ensuring long-term well-being.

***At Treasured Minds, we understand that mental wellness is not a luxury; it’s a necessity. Our approach is grounded in empathy and respect for the individual, providing a safe space for healing. We are committed to walking this journey with you—whether you are an individual seeking counseling, an organization looking to support its employees, or a healthcare provider aiming to integrate mental health into your services.***



# Corporate Social Responsibility







## Contact Us

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