

Meaningful Day Services

MAIN OFFICE:

225 S. School St., Brownsburg, IN 46112
(317) 858-8630 Fax: (317) 858-8715

JEFFERSONVILLE THERAPY CENTER:

590 Missouri Ave., Suite 204
Jeffersonville, IN 47130
(812) 288-4688
Fax: (812) 610-8333

INDIANAPOLIS DAY SERVICES:

3725 Kentucky Ave.
Indianapolis, IN 46221 (317) 248-0016

LAWRENCEBURG THERAPY CENTER:

465 Bielby Rd., Suite C,
Lawrenceburg, IN 47025
(812) 655-3541 Fax: (812) 610-8333



Meaningful Day Services *newsletter*

30 Years of Meaningful Experiences!



*During Recreational Therapy,
we build more than
birdhouses... we build
confidence and develop skills
that last a lifetime!*

Supporting Mental Wellness Across Indiana

Life brings challenges for all of us. Whether you're navigating anxiety, relationship difficulties, grief, major life changes, parenting challenges, or simply feeling overwhelmed, counseling can provide a safe, supportive space to process emotions, build coping skills, and work toward personal goals.

Counseling isn't only for times of crisis. Many people seek counseling to help navigate everyday challenges and improve their overall well-being.

Some common reasons people seek counseling include:

- Anxiety and stress
- Depression
- Grief and loss
- Life transitions
- Relationship or family concerns
- Parenting challenges
- Trauma or difficult past experiences
- Caregiver stress and burnout
- Building healthy coping skills
- Improving communication and emotional wellness

Seeking support is a sign of strength, and taking the first step can make a meaningful difference.

At Meaningful Day Services, our Counseling Department is committed to providing compassionate, person-centered care to individuals across Indiana. We proudly serve both individuals with intellectual and developmental disabilities and members of the broader community through individualized counseling services designed to meet each person's unique needs.

Our clinicians offer:

- Individual Counseling
- Couples Counseling
- Family Counseling
- Telehealth services throughout Indiana
- Specialized experience supporting individuals with intellectual and developmental disabilities

No matter where someone is in their journey, our goal is to help them feel heard, supported, and empowered.



MARLINDA ROBINSON, MA, MS, PhD, LMHCA

Top Specialties:

- Children, teens, and adults on the autism spectrum
- Anxiety, depression, and emotional regulation
- Veterans, active-duty service members, military families, and first responders
- ADHD, executive functioning difficulties, behavioral concerns in children and adolescents, parent coaching, and family therapy



MITCHELL STACY, MA, LMHC

Top Specialties:

- Anxiety
- Depression
- Grief
- Interpersonal/Relationship Skills
- Neurodivergence (Autism and ADHD)



JENNA MIDGLEY, MSW

Top Specialties:

- Cognitive Behavioral Therapy (CBT)
- Dialectical Behavior Therapy (DBT)
- Acceptance and Commitment Therapy (ACT)
- Play Therapy



Build Something Meaningful With Us.



*Offering counseling in person
and via telehealth to help you
build skills, navigate challenges,
and create meaningful change.*

OUR MISSION

Providing quality, hands-on services that enhance and improve the independence of each unique individual.

FUNDING ACCEPTED

We currently accept all major commercial funders, Medicaid, VA and select EAP funders

LOCATION

We offer both telehealth and in person services at 225 South School Street Brownsburg IN 46112 and 465 Bielby Road Suite C Lawrenceburg IN 47025

WHO WE SERVE



INDIVIDUAL

One-on-one counseling tailored to your unique needs, supporting mental health, stress management, life transitions, and personal growth.



COUPLES/ FAMILY

Counseling designed to improve communication, strengthen relationships, and help couples and families navigate challenges together.



INDIVIDUALS WITH DISABILITIES

Specialized counseling for individuals with developmental or intellectual disabilities, focusing on emotional regulation, social skills, and building independence in daily life.

Contact Us:

P: 317.858.8630

W: www.meaningfuldays.com/counseling



Music Therapy

Music Therapy is a research-based, allied health profession. It is the systematic use of music (both live and recorded) to address: behavioral, social, psychological, communicative, physical, sensory motor, and/or cognitive functioning. These services are provided by board-certified music therapists who hold a bachelor's degree or higher in music therapy; have completed 1,200 hours of clinical training, including a supervised internship; and passed the national board certification exam to obtain the credential MT-BC, Music Therapist – Board Certified.

At MDS, our board-certified music therapists implement individualized sessions based on an assessment, developed goals, and input from the individual. Sessions are conducted in home or in community-based settings. Funding for music therapy is available through the FS and CIH waivers in Indiana. Private pay rates are also available.

Our music therapists also offer a variety of music therapy groups. Check out our website to see what groups are available in your area at www.meaningfuldays.com.



We are accepting referrals for the following services and locations:

Behavior Supports: Now accepting referrals in Jeffersonville, Columbus, Fort Wayne, Franklin, Jasper, Vincennes, Evansville, and South-, East-, and West-Indianapolis. We are also accepting referrals in Hendricks County with daytime availability. Openings include daytime and afterschool (may vary based on region).

Music Therapy: We have expanded to St. Joseph County (South Bend and Mishawaka) with daytime and afterschool openings. We have day and afterschool openings in Jeffersonville, New Albany, Sellersburg, and Charlestown. We have daytime openings in Greenwood, Franklin, New Whiteland, and Whiteland. We offer our wait list for all other regions. Funding options include CIH, FS waivers, and private contracts.

Recreational Therapy: **We are excited to be expanding to Monroe and Morgan counties!**

We are currently scheduling interviews for day and after school times.

We have daytime openings in Hendricks and Vanderburgh counties. In addition, we have after school and daytime openings in Allen, Huntington, Vanderburgh, and Gibson counties.

We offer our wait list for all other regions. Funding options include CIH, FS waivers and private contracts.

Submit referrals through website at: <https://www.meaningfuldays.com/enroll>



Follow us on Facebook: Meaningful Day Services or find us on X: @MDSIndiana, Instagram at: Meaningful_Day_Services and TikTok at: @meaningfuldayservices1



Brownsburg Center location
225 S School Street
(317) 858-8630

Meaningful Voices is an inclusive adult choir led by our board-certified music therapists. This all-abilities ensemble brings together singers who share a passion for making music in a supportive, energizing community.

Participants enjoy opportunities to:

- Build meaningful social connections
- Collaborate with a large ensemble
- Grow musically in an encouraging environment
- Perform in a celebratory concert each session

The choir meets **on the fourth Friday of every month at 5:00 p.m.** Enrollment is offered twice a year, with the first session culminating in a **June performance** and the second concluding with a **December concert**.

Join us for a joyful musical experience where every voice truly matters.

