



a new leaf health & wellness services

essential health services

A New Leaf's Health and Wellness programs provide top quality medical and behavioral health resources to communities across the Valley.

Our facilities offer primary medical care, counseling, behavioral health services, case management, assistance with medication management, therapeutic after school programming, and support services to all eligible patients.



counseling and therapy

Everyone deserves to be healthy and happy, in mind and body. A New Leaf's community counseling and behavioral health services promote the development and well-being of youth, adults, and families to make this possible. With health and wellness programs that cater to a variety of different needs, there are many quality services that can help those dealing with behavioral health challenges.



primary medical care

A New Leaf's primary care clinics provide top-quality medical services to children and adults in the East and West Valley. The integrated care approach allows an individual to obtain all the health and wellness care they need to address their challenges in one convenient location.



therapeutic after school programs

A New Leaf's therapeutic after-school programs focus on meeting behavioral health and wellness needs in the East and West Valley. Using a strengths-based model, enrolled children and teens engage in structured activities to progress toward identified behavioral health goals.

health & wellness services

A New Leaf offers counseling and medical services at locations across the valley. To book an appointment in the East Valley, please call (480) 969-6955. To book an appointment in the West Valley, please call (623) 934-1991.

Dorothy B. Mitchell Counseling Center

(480) 969-6955 | 1655 E University Dr #100 Mesa, AZ 85203

Counseling, case management, medication management, and support services for children and adults.

West Valley Family Care

(623) 934-1991 | 8581 N 61st Ave, Bldg A, Glendale, AZ 85302

Primary medical care, behavioral health, and counseling services for children & adults.

La Mesita Family Care

(480) 733-3033 | 2254 W Main St, Mesa, AZ 85201

Primary medical care, behavioral health, and counseling services for children & adults.

East Valley After School Program

(480) 832-9268 | 960 N Stapley Dr, Mesa, AZ 85203

Behavioral health and after school program for youth aged 6-18 years old.

La Mesita After School Program

(623) 934-1991 | 2254 W Main St, Mesa, AZ 85201

Top quality programming at A New Leaf's La Mesita Community for children aged 6-13 years old.

Equal Opportunity Employer/Program

Under Titles VI and VII of the Civil Rights Act of 1964 (Title VI & VII), and the Americans with Disabilities Act of 1990 (ADA), Section 504 of the Rehabilitation Act of 1973, the Age Discrimination Act of 1975, and Title II of the Genetic Information Nondiscrimination Act (GINA) of 2008; the Department prohibits discrimination in admissions, programs, services, activities, or employment based on race, color, religion, sex, national origin, age, disability, genetics and retaliation. To request this document in alternative format or for further information about this policy, contact the Division of Aging and Adult Services at 602-542-4446; TTY/TDD Services: 7-1-1. Free language assistance for DES services is available upon request.