

In-Network Providers

- Quest Behavioral Health
- Carelon Behavioral Health
- Aetna
- Cigna
- Anthem EAP
- United Healthcare Optum
- Oxford Optum
- Blue Cross Blue Shield Texas
- Horizon Blue Cross Blue Shield New Jersey
- Blue Cross Blue Shield Massachusetts
- Ambetter Superior Health Plan
- Independence Blue Cross Pennsylvania
- Superior Health Plan Texas Managed Medicaid
- CHIP, STAR, & STAR+PLUS
- Optum Medicaid Texas
- United Healthcare Medicare Advantage
- Wellcare by Allwell Medicare Advantage

**Don't see your provider listed?
Give us a call to discuss your options!**

**If You Are in Crisis
and Need Immediate
Assistance Call or Text**

**The National Crisis
Helpline at 988**

Contact Us

**105 Howard Street
San Antonio, Texas 78212**

**2002 North Interstate 35
San Antonio, Texas 78208**

Office: (210) 248-9933

Fax: (210) 248-9986



**South Texas
Family Wellness
Center**



Our Promise

At South Texas Family Wellness Center, our priority is to deliver the highest standard of client-centered, trauma-informed, and evidence-based therapy. We offer personalized support for individuals, couples, and families experiencing mental health, alcohol, or substance use challenges.



Our Specialties

Alcohol and Drug Use
Relationship and Family Difficulties
Anxiety
Feeling on Edge
Anger Management
Emotional Regulation
Stress Management
Depression
Feelings of Guilt or Shame
Intrusive Thoughts
Thoughts of Harming Self or Others
Post Traumatic Stress Disorder

Our counselors offer a variety of approaches, personalized to support each client's unique path. The list above shows some of our areas of expertise, but we can help with much more. We invite you to call us and share how we can help you!

Our Counselors

Jennifer Heifner LPC-S
jheifner@agif-nvop.org

Expert in using cognitive processing therapy (CPT) for PTSD and substance use issues. Trained in Gottman techniques for couples and families; also has a Christian-based counseling background.

Pablo Valdez LPC-S
pvaldez@agif-nvop.org

Specializes in utilizing cognitive processing therapy (CPT) to treat PTSD. As a Veteran himself, he is experienced in counseling Veterans with service-related trauma. Trained in Gottman methods to treat couples and families.

Peggy Jai Winn LCSW, LCDC
pwinne@agif-nvop.org

Expert in utilizing cognitive processing therapy (CPT) in the treatment of PTSD and substance use disorders. Proficient in LGBTQ+ counseling. Trained in Gottman methods to treat couples and families.

Marilyn Grubbs LPC-S
mgrubbs@agif-nvop.org

Unique specialization in utilizing eye movement desensitization and reprocessing therapy (EMDR) to treat individuals who have experienced various traumatic events.

**Please Email or Call Us
to Schedule an Appointment**