

# DIRECTIONS TO ARBOUR COUNSELING SERVICES OF LOWELL

The Center is located in downtown Lowell, convenient to city bus routes. The office is at the corner of Merrimack and Bridge Streets.

## VIA ROUTE 38 WEST (ROGERS STREET):

- Turn left at the corner of Rogers Street and East Merrimack Street.
- Pass by Middlesex Community College and turn right on Bridge Street.
- Turn left at first light onto French Street.
- Take the next left onto John Street and turn left into parking garage.

## VIA ROUTE 3

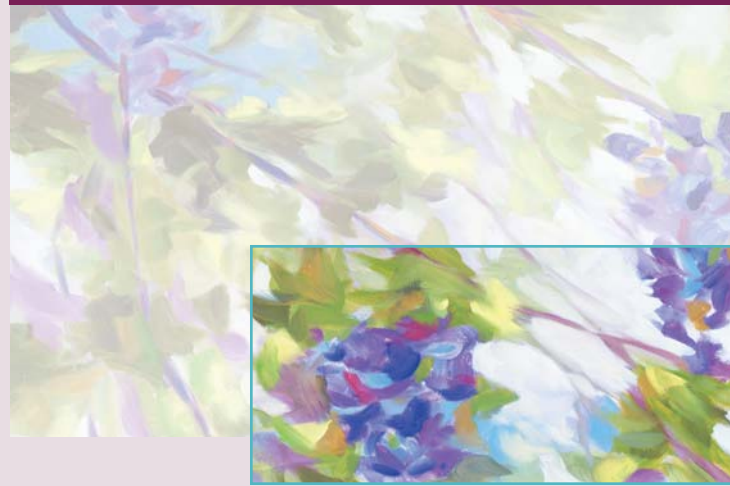
- From Route 3, take Route 495 North to the Lowell Connector.
- Stay on Lowell Connector to its end.
- Turn left onto Gorham Street. It becomes Central Street and ends at Merrimack Street.
- Take a left on Merrimack Street, getting immediately into the right-hand lane.
- Within one-half block, you will make a right turn onto John Street.
- Park in the parking garage on your right.

## DIRECTIONS FROM PARKING GARAGE TO ARBOUR COUNSELING SERVICES OFFICE:

Exit the parking garage from the back door. Walk one-half block to Bridge Street. Turn the corner and enter 10 Bridge Street (next to Conlon's Liquors). The Center is on the third floor.

## ABOUT THE COVER

In all its beauty, the arbour is a symbol of comfort and hope, safety and shelter.



# ARBOUR COUNSELING SERVICES OF LOWELL



ARBOUR  
COUNSELING SERVICES  
*A Division Of Arbour Health System*

10 Bridge Street, The Simpson Block • Lowell, MA 01852

Phone: (978) 453-5736 • Fax: (978) 970-5595

***Easy Access to Quality Mental Health Services***

[www.arbourhealth.com](http://www.arbourhealth.com)



With 11 locations throughout eastern Massachusetts, Arbour Counseling Services offers a full range of programs and clinical specialties. The Lowell Center offers the following services:

- Individual, couple, family, and group counseling for all ages as well as psychiatric services.
- Emergency assessments and responsive assistance during times of crisis.
- Evaluation and treatment of anxiety, depression and stress-related issues.
- Individual treatment plans developed in close collaboration with patients' and referrers' goals and needs. Primary therapists work to coordinate all treatment issues and to maintain communication with other involved professionals.

The Lowell Center also specializes in the following areas:

- Child and Adolescent Therapy
- School-Based Services
- Home Visits
- Women's Issues
- Psychopharmacology
- ADD/ADHD
- Multicultural Issues
- Dual Diagnoses

Groups available include:

- Coping Skills Group
- Spanish-Speaking Group
- Adolescent Anger Management
- Asperger Disorder Skill Development

Languages spoken:

- Greek
- Spanish
- Khmer
- Ukrainian
- Russian

## HOURS OF OPERATION

SUNDAY	Closed
MONDAY	9:00 am - 9:00 pm
TUESDAY	9:00 am - 9:00 pm
WEDNESDAY	9:00 am - 9:00 pm
THURSDAY	9:00 am - 9:00 pm
FRIDAY	9:00 am - 9:00 pm
SATURDAY	9:00 am - 3:00 pm

The center is accessible to the physically disabled and is convenient to public transportation.

For more information, call Sarah Quinn, Ph.D., ABPP, at (978) 453-5736.

All appointments are scheduled with the highest level of confidentiality. Urgent appointments are available immediately.

Arbour Counseling Services accepts most forms of payment, including Blue Cross Blue Shield, Fallon Health Plan, Harvard Pilgrim Health Care, Massachusetts Behavioral Health Partnership, Neighborhood Health Plan, Network Health, Tufts Health Plan, United Behavioral Health, Medicare, Medicaid and many other HMO's and PPO's. Self-pay arrangements are also available.

*Arbour Counseling Services is a division of Arbour Health System, the largest private behavioral health system in Massachusetts. Arbour Health System consists of Arbour Hospital, Boston; Arbour-Fuller Hospital, South Attleboro; Arbour-HRI Hospital, Brookline; Pembroke Hospital; Westwood Lodge; Lowell Treatment Center; The Boston Center; Arbour Counseling Services, with 11 locations throughout eastern Massachusetts; and Arbour SeniorCare.*