

# DIRECTIONS TO ARBOUR COUNSELING SERVICES OF WOBURN

## FROM ROUTE 128:

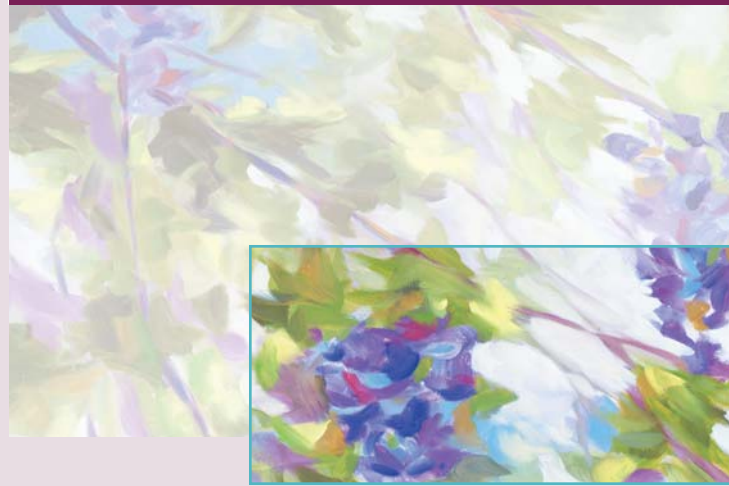
- Take exit 36 off of Route 128 - Washington Street.
- Go towards Woburn; one block south of 128 – turn right into driveway after Dunkin Donuts – 500 Cummings Park.
- The Center is on the right side of building near rear – a sign is on the building.

## FROM BOSTON:

- Take 93 North to exit 36 (Montvale Avenue).
- Take left off ramp under Route 93 to second set of lights (Washington Street).
- Take right – approximately one mile to Cummings Park/West Cummings Park.
- 500 West Cummings Park is the second six-story building facing Washington Street. The Center is in Suite 3900.

## ABOUT THE COVER

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



# ARBOUR COUNSELING SERVICES OF WOBURN



ARBOUR  
COUNSELING SERVICES  
*A Division Of Arbour Health System*

500 West Cummings Park, Suite 3900 • Woburn, MA 01801

Phone: (781) 932-8114 • Fax: (781) 932-0218

***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. Arbour Counseling Services of Woburn provides comprehensive mental health services that serve a broad-based population. Clinicians work directly with clients, their families, and treatment teams to provide therapy and individual treatment plans that reflect consistent goals and coordination of care. Services offered include:

- Individual, couples, family, and group counseling.
- Psychiatry and psychopharmacology services.
- Emergency assessments and responsive assistance in crisis situations.

Referrals are accepted from community resources such as schools, courts, Department of Social Services, Department of Mental Health, employee assistance programs, medical clinics and hospitals.

In addition to outpatient services, Arbour Counseling Services of Woburn offers the following programs:

#### Partial Hospitalization Program (PHP)

- For adults with anxiety, trauma, mood disorders, or dual diagnosis
- Daily group therapy with multidisciplinary team
- Weekly psychiatric and psychopharmacological assessments
- Coordination of care, aftercare referrals with services and providers

#### Addictions Recovery Center (ARC)

- Evening Structured Outpatient Addictions Program
- Aftercare and Relapse Prevention Groups
- Court-Referred Evaluations for Adults/Adolescents
- Suboxone Treatment

#### Child, Adolescent, and Family Services

- School-Based Outreach Program
- ADD/ADHD, Learning Disorders
- PTSD, Reactive Attachment Disorder
- Adult, Child and Adolescent Psychiatry

## HOURS OF OPERATION

SUNDAY	Closed
MONDAY	9:00 am - 8:00 pm
TUESDAY	9:00 am - 8:00 pm
WEDNESDAY	9:00 am - 8:00 pm
THURSDAY	9:00 am - 8:00 pm
FRIDAY	9:00 am - 8:00 pm
SATURDAY	By appointment

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

All appointments are scheduled with the highest level of confidentiality and are available, in most cases, within 48 hours of referral. Urgent appointments will be available immediately.

For more information or to make a referral, please call (781) 932-8114, 9:00 am – 5:00 pm, Monday through Friday.

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.*