

# DIRECTIONS TO ARBOUR COUNSELING SERVICES OF ALLSTON

## VIA PUBLIC TRANSPORTATION:

- Take the Boston College (“B”) branch of the Green Line MBTA out Commonwealth Avenue past Packard’s Corner. The trolley line bears left.
- Get off at the Harvard Avenue stop.
- Walk back two blocks on Commonwealth Avenue and turn left on Fordham Road.
- The clinic is at 14 Fordham Road; there is a sign out front. Take the elevator to the second floor.

## FROM THE NORTH OR SOUTH:

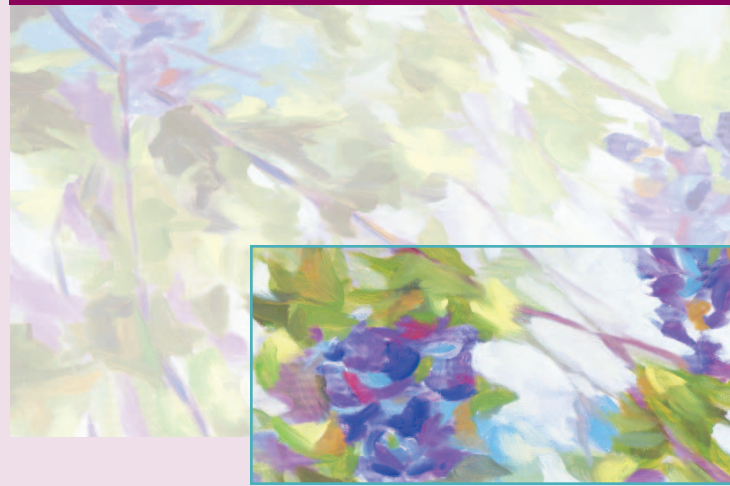
- Take the expressway to Storrow Drive.
- From Storrow Drive, get off at the Kenmore Square exit.
- Go right into Kenmore Square onto Commonwealth Avenue.  
\*Go past Boston University; you will see Star Market on your right.
- The next intersection is Commonwealth and Brighton Avenues. The trolley line bears left. At that point, begin looking for a parking space on Commonwealth Avenue.
- Fordham Road is at the next trolley stop, on the right.

## FROM THE WEST:

- Take the Mass Pike East to the Allston/Cambridge exit.
- After the toll follow signs to Cambridge. At the Guest Quarters Suite Hotel, take a right onto Storrow Drive (East).
- Take first Boston University exit and then take a right onto Commonwealth Avenue.
- Then follow directions from \* above.

## ABOUT THE COVER

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



# ARBOUR COUNSELING SERVICES OF ALLSTON



ARBOUR  
COUNSELING SERVICES  
*A Division Of Arbour Health System*

14 Fordham Road • Allston, MA 02134  
Phone: (617) 782-6460 • Fax: (617) 782-6457  
**Easy Access to Quality Mental Health Services**

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



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

- Individual, couple, family, and group counseling for all ages.
- Emergency assessments and responsive assistance during times of crisis.
- 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.
- Evaluation and treatment of anxiety, depression and stress-related issues.

The Allston Center also specializes in the following areas:

- Trauma Services
- School-Based Services
- Gay, Lesbian and Transgender Issues
- Eye Movement Desensitization and Reprocessing (EMDR)
- Dialectical Behavior Therapy Skills and Support
- Women's Issues
- Post-Traumatic Stress Management
- Developmental Disabilities
- Psychological Testing
- Psychopharmacology
- Eating Disorders
- Addiction and Recovery
- Child and Adolescent Psychiatry
- Child and Adult ADHD

Groups available:

- Anger Management for Children and Adolescents
- DBT Skills
- Step Four/Relapse Prevention

Languages Spoken:

- Russian
- Spanish

## HOURS OF OPERATION

SUNDAY	Closed
MONDAY	8:30 am - 8:00 pm
TUESDAY	8:30 am - 8:00 pm
WEDNESDAY	8:30 am - 8:00 pm
THURSDAY	8:30 am - 8:00 pm
FRIDAY	8:30 am - 5:00 pm
SATURDAY	By appointment only

The Center is accessible to the physically disabled and is convenient to public transportation. Free and metered parking is available adjacent to the center. For more information, contact the center director, (617) 782-6460.

All appointments are scheduled with the highest level of confidentiality and are usually available within forty-eight hours of referral, with urgent appointments available immediately.

Arbour Counseling Services accepts most forms of payment. Self-pay arrangements are also available.

*Arbour Counseling Services is a division of Arbour Health System, the leading 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 eleven locations throughout eastern Massachusetts; and Arbour SeniorCare.*