

# DIRECTIONS TO ARBOUR COUNSELING SERVICES OF ROCKLAND

## FROM BOSTON:

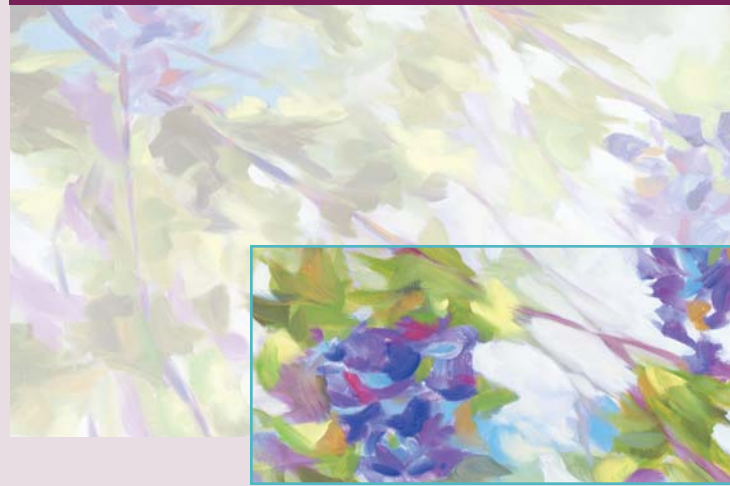
- Take Route 93 South to Route 3 South (follow sign to Cape Cod).
- Take Route 3 South to Exit 14, Rockland and Hingham, Route 228.
- Turn right at the end of the ramp.
- Go  $\frac{3}{4}$  mile and take a right onto Reservoir Park Drive (landmark is the Comfort Inn on the right).
- Take your third right into Ledgewood Place.
- Drive to the end; 100 is the building on your left.
- The Center is located on the second floor, Suite 202.

## FROM THE WEST:

- Take Route 128 South to Route 3 South (follow sign to Cape Cod).
- Take Route 3 South to Exit 14, Rockland and Hingham, Route 228.
- Turn right at the end of the ramp.
- Go  $\frac{3}{4}$  mile and take a right onto Reservoir Park Drive (landmark is the Comfort Inn on the right).
- Take your third right into Ledgewood Place.
- Drive to the end; 100 is the building on your left.
- The Center is located on the second floor, Suite 202.

## ABOUT THE COVER

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



# ARBOUR COUNSELING SERVICES OF ROCKLAND



ARBOUR  
COUNSELING SERVICES  
*A Division Of Arbour Health System*

100 Ledgewood Place, Suite 202 • Rockland, MA 02370  
Phone: (781) 871-6550 • Fax: (781) 871-5973

***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 Rockland Center offers the following services:

- Individual, couple, family, child and group counseling.
- Psychiatric medication management for adults, children and adolescents.
- 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, stress, major mental illness and substance abuse.

The Rockland Center also specializes in the following areas:

- ADD/ADHD
- Anxiety Reduction
- Child and Family Services
- Depression Alleviation
- Disability Determinations
- Domestic Violence Issues
- Dual Diagnosis
- Eating Disorders
- Gay and Lesbian Issues
- Marital Issues
- Parent-Child Conflicts
- Psychopharmacology
- Psychotic Illness
- Relationship Issues
- School-Based Services
- Special Needs/Developmental Disabilities
- Stress Management
- Substance Abuse Interventions
- Trauma-Related Issues (sexual abuse, physical abuse, child abuse)
- Women's Issues

The Rockland Center also offers a Partial Hospitalization Program for Adults from 9:00 am to 2:00 pm.

Languages spoken:

- Spanish

## 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 - 6:00 pm
SATURDAY	9:00 am - 2:00 pm

The Center is accessible to the physically disabled.

For more information, call the Clinical Director at (781) 871-6550.

All appointments are scheduled with the highest level of confidentiality and are available within 48 hours of referral, with urgent appointments available immediately.

Arbour Counseling Services accepts most forms of payment, including commercial insurance, Aetna, Inc., Blue Cross Blue Shield, BMC HealthNet, Fallon Health Plan, Harvard Pilgrim Health Care, Massachusetts Behavioral Health Partnership, Neighborhood Health Plan, Network Health, Tufts Health Plan, United Health Care, Medicare, Medicaid and other HMO's and PPO's. 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; Arbour SeniorCare; and Choate ESP.*