

## DIRECTIONS

Arbour Counseling Services, Allston is accessible to the physically disabled.

### 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.
- Take 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 a right at the next trolley stop.

### From the West

- Take Mass Pike east to the Allston/Cambridge exit.
- After the toll follow signs to Cambridge.
- At the Guest Quarters Suite Hotel, take a right on 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 is accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF), and is licensed by the Massachusetts Department of Public Health.

14 FORDHAM ROAD, ALLSTON, MA 02134  
PHONE: 617-782-6460 FAX: 617-782-6457



# ARBOUR COUNSELING SERVICES ALLSTON



## ARBOUR COUNSELING SERVICES

*A Division Of Arbour Health System*

*Easy Access to Quality Mental Health Services*  
[www.arbourhealth.com](http://www.arbourhealth.com)

## OVERVIEW

With many locations throughout Eastern Massachusetts, Arbour Counseling Services (ACS) offers a full range of programs and clinical specialties.

Arbour Counseling Services, Allston provides comprehensive outpatient counseling services to children, adolescents and adults.

### Services offered include:

- Individual, couple, family and group counseling for all ages
- Responsive assistance during times of crisis
- Individual treatment plans developed in response to patient and referrer goals and needs. Primary therapists work to coordinate all treatment issues and to maintain communication with other involved professionals
- Evaluation and treatment of a wide range of counseling issues, including anxiety, depression and stress-related issues

### ACS, Allston has specialties in these areas:

- Child and adult ADHD
- Child and adolescent psychiatry
- Depression and anxiety
- Developmental disabilities
- Dual diagnosis
- Intellectual disabilities
- LGBTQ issues
- Multicultural issues
- Older adult services
- Post traumatic stress management
- Psychological testing
- Psychopharmacology
- School-based Services

- Suboxone treatment
- Substance abuse treatment
- Trauma services
- Women's issues

Psychotherapy groups are available on a variety of topics. For current programming, visit our website at [www.arbourhealth.com/organizations/arbour-counseling-services/](http://www.arbourhealth.com/organizations/arbour-counseling-services/) or call 508-678-2833.

Languages spoken include Bengali, French, Hebrew, Italian, Russian, Spanish and Urdu.

## HOURS OF OPERATION

Monday	8:00 a.m. – 6:00 p.m.
Tuesday – Thursday	8:00 a.m. – 8:00 p.m.
Friday	8:00 a.m. – 5:00 p.m.
Saturday – Sunday	Closed

All appointments are scheduled with the highest level of confidentiality and are usually available within 48 hours. Urgent appointments are available within 24 hours.

## INSURANCE

Arbour Counseling Services, Allston accepts most insurance plans including, but not limited to:

- Blue Cross Blue Shield
- BMC HealthNet
- Cenpatico
- Fallon Health Plan
- Harvard Pilgrim Health Care
- Massachusetts Behavioral Health Partnership
- MassHealth and Medicare
- Neighborhood Health Plan
- Tufts Health Plan (Commercial and Public plans)
- United Behavioral Health

Call for additional insurance plans accepted. Self-pay arrangements are also available.