

DIRECTIONS TO ARBOUR COUNSELING SERVICES OF BOSTON

BY CAR:

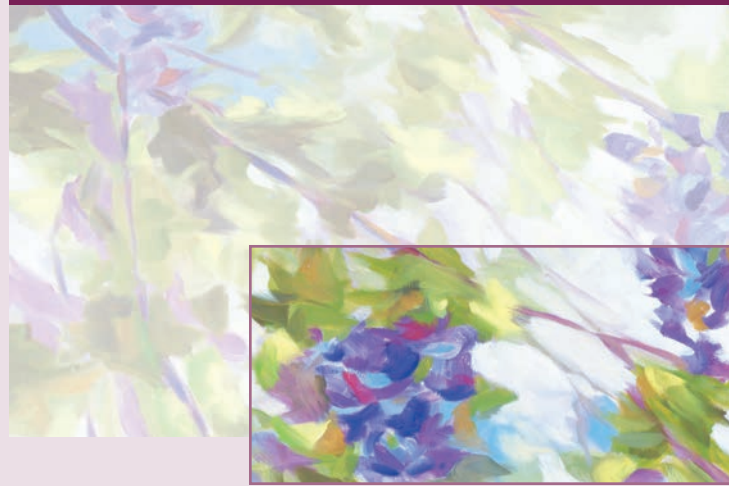
- Follow the Jamaica way to the set of lights at Pond Street; the Jamaica Pond Boathouse will be on the left.
- Turn right onto Pond Street and go to the end.
- Turn right onto Centre Street.
- Turn left onto Seaverns Street.
- Follow that until you cross over the Green Street T Station (Seaverns will turn into Gordon Street.).
- Cross over Amory Street.
- Arbour Counseling Services is located on the right
- Free parking is available on site.

VIA PUBLIC TRANSPORTATION:

- Take MBTA Orange Line Outbound toward Forest Hills.
- Get off at the Green Street Station.
- Arbour Counseling is across the street on the right.
- You can also take the MBTA #48 bus and get off at Green Street.

ABOUT THE COVER

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



ARBOUR COUNSELING SERVICES OF BOSTON

- INDIVIDUAL, GROUP AND FAMILY COUNSELING
- MEDICATION MANAGEMENT
- PSYCHOPHARMACOLOGY



ARBOUR
COUNSELING SERVICES

A Division Of Arbour Health System

157 Green Street • Jamaica Plain, MA 02130
Phone: (617) 524-1120 • Fax: (617) 524-5523
Easy Access to Quality Mental Health Services
www.arbourhealth.com



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

- Individual, couple, family, and group counseling for all ages.
- Psychiatric medication evaluation and treatment.
- Emergency assessments and responsive assistance during times of crisis.
- Individual treatment plans developed in close collaboration with patients', families', and referrers' goals and needs. Primary therapists work to coordinate all treatment issues and to maintain communication with other involved professionals and community supports.
- Evaluation and treatment of anxiety, depression, trauma and stress-related issues, and major mental illness.
- Substance abuse counseling.
- Assistance with making the transition from hospital to community.

The center specializes in the following areas:

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|---------------------------------------|--|
| Psychotherapy | • Multicultural Issues |
| • Medication Evaluation and Treatment | • Women's Issues |
| • Alcohol/Substance Abuse | • Suboxone Maintenance |
| • Child and Adolescent Services | • Community Based Services including school programs |

Languages spoken:

- English
- Spanish

HOURS OF OPERATION

SUNDAY	Closed
MONDAY	8:00 am - 8:00 pm
TUESDAY	8:00 am - 8:00 pm
WEDNESDAY	8:00 am - 8:00 pm
THURSDAY	8:00 am - 8:00 pm
FRIDAY	8:00 am - 8:00 pm
SATURDAY	9:00 am - 3:00 pm

The Center is convenient to public transportation. Parking is available on site.

For more information, call Brian Murphy, LMHC, at (617) 524-1120.

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, Blue Cross Blue Shield, BMC HealthNet, Cenpatico/CeltiCare, 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 of Boston is licensed by the Department of Public Health.

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; The Quincy Center; Arbour Counseling Services, with 11 locations throughout eastern Massachusetts; and Arbour SeniorCare.