

DIRECTIONS

The Lowell Center is located in downtown Lowell, convenient to city bus routes. The office is at the corner of Merrimack and Bridge Streets.

Via Route 38 north

- Take Route 38/Nesmith Street north, turn left onto East Merrimack Street
- Pass by Middlesex Community College and turn right on Bridge Street
- Turn left at first light onto French Street
- Take the next left onto John Street and turn left into the parking garage

Via Route 3

- From Route 3, take Route 495 north to the Lowell Connector and stay on Lowell Connector to its end
- Turn left onto Gorham Street, which becomes Central Street and ends at Merrimack Street
- Take a left on Merrimack Street, get immediately into the right-hand lane
- Go one-half block and turn right onto John Street
- Park in the parking garage on your right

From the parking garage

- Exit the parking garage from the back door
- Walk one-half block to Bridge Street
- Turn the corner and enter 10 Bridge Street

ABOUT THE COVER

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

Arbour Counseling Services is a division of Arbour Health System, the largest private behavioral health system in Massachusetts. Arbour Health System consists of Arbour Counseling Services, with many locations throughout Eastern Massachusetts; Arbour Hospital, Jamaica Plain; Arbour-Fuller Hospital, South Attleboro; Arbour-HRI Hospital, Brookline; Pembroke Hospital; Westwood Lodge; Arbour SeniorCare; Lowell Treatment Center; The Boston Center; and The Quincy Center.

Arbour Counseling Services is accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF), and is licensed by the Massachusetts Department of Public Health and Bureau of Substance Abuse Services (BSAS).

10 BRIDGE STREET, LOWELL, MA 01852
PHONE: 978-453-5736 FAX: 978-970-5595



ARBOUR COUNSELING SERVICES LOWELL



ARBOUR
COUNSELING SERVICES

A Division Of Arbour Health System

Easy Access to Quality Mental Health Services

www.arbourhealth.com

OVERVIEW

With many locations throughout eastern Massachusetts, Arbour Counseling Services (ACS) offers a full range of programs and clinical specialties. ACS, Lowell offers the following services:

- Individual, couple, family and group counseling for all ages as well as psychiatric services.
- Emergency assessments and responsive assistance during times of crisis.
- Individual treatment plans developed in close collaboration with 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 anxiety, depression and stress-related issues.

ACS, Lowell specializes in the following areas:

- ADD/ADHD
- Child and Adolescent Therapy
- Dual Diagnosis
- Substance Abuse
- Multicultural Issues
- PDD/Asperger's
- Psychopharmacology
- School-based Services
- Women's Issues

Groups available include:

- Coping Skills Group
- Boys' Group
- Anxiety Reduction
- Social Skills and Parenting

- Spanish-speaking Women's Group

- Spanish-speaking Men's Group

Languages spoken include:

Greek, Khmer, Russian, Spanish and Ukrainian

HOURS OF OPERATION

Monday to Friday	9:00 a.m. to 9:00 p.m.
Saturday	9:00 a.m. to 3:00 p.m.
Sunday	Closed

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

For more information from the Center Director, or to make a referral with the Intake Coordinator, please call 978-453-5736.

Arbour Counseling Services, Lowell is accessible to the physically disabled and is convenient to public transportation.

INSURANCE

ACS, Lowell accepts insurance plans including:

- Blue Cross Blue Shield of Massachusetts
- BMC HealthNet
- Fallon Health Plan
- Harvard Pilgrim Health Care
- Massachusetts Behavioral Health Partnership
- Medicare and MassHealth
- Neighborhood Health Plan
- Tufts Health Plan
- Tufts Health Public Plan (formerly known as Network Health)
- United Behavioral Health

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