

## DIRECTIONS

### From I-93 and I-95 South

- From I-93 north or south take exit 37B to I-95 south
- After .5 mile take Exit 36 Washington Street/Woburn/Reading
- Keep left at fork, follow signs for Mishawum Road
- Turn onto Mishawum Road and drive 1.1 miles
- Mishawum Road becomes Industrial Parkway
- Slight right onto New Boston Street
- Turn right onto Roessler Road
- Follow Roessler Road to the left
- The last entrance on the left is 10-I Roessler Road

### From I-95 North

- Take exit 36 Washington Street/Woburn/Reading
- At end of ramp turn left onto Washington Street
- Turn left onto Mishawum Road and drive 1.1 miles
- Mishawum Road becomes Industrial Parkway
- Slight right onto New Boston Street
- Turn right onto Roessler Road
- Follow Roessler Road to the left
- The last entrance on the left is 10-I Roessler Road

## 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 SeniorCare; Arbour-HRI Hospital, Brookline; Arbour-Fuller Hospital, South Attleboro; Lowell Treatment Center; Pembroke Hospital; The Boston Center; The Quincy Center; and Westwood Lodge.*

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

10-I ROESSLER ROAD, WOBURN, MA 01801  
PHONE: 781-932-8114 FAX: 781-305-3784



# ARBOUR COUNSELING SERVICES WOBURN



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 offers a full range of programs and clinical specialties. The Woburn center offers the following services:

- Individual, couple, family and group counseling for all ages.
- Psychiatry and psychopharmacology services.
- Emergency assessments and responsive assistance during times of crisis.

The Woburn center also specializes in the following areas:

### **Partial Hospitalization Program (PHP)**

- For adults with anxiety, trauma, mood disorders, or dual diagnosis
- Daily group therapy with multidisciplinary team
- Weekly psychiatric and psychopharmacological assessments
- Coordination of care, aftercare referrals with services and providers

### **Addictions Recovery Center (ARC)**

- Structured Outpatient Addictions Program
- Aftercare and Relapse Prevention Groups
- Court-Referred Evaluations for adults/adolescents
- Suboxone Maintenance
- First and Second Offender OUI Aftercares

### **Child, Adolescent, and Family Services**

- School-Based Outreach Program
- ADD/ADHD, Learning Disorders
- PTSD, Reactive Attachment Disorder
- Adult, Child and Adolescent Psychiatry

## HOURS OF OPERATION

Monday–Thursday	8:00 a.m. to 9:00 p.m.
Friday	8:00 a.m. to 8:00 p.m.
Saturday	By appointment only
Sunday	Closed

All appointments are scheduled with the highest level of confidentiality, with urgent appointments usually available on the same day of contact. For more information or to make a referral, please call 781-932-8114 x317, 9:00 a.m. to 5:00 p.m. Monday through Friday.

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

## INSURANCE

Arbour Counseling Services, Woburn accepts insurance plans including:

- Blue Cross Blue Shield
- BMC HealthNet Plan
- Cenpatico
- Fallon Health Plan
- Harvard Pilgrim Health Care
- Massachusetts Behavioral Health Partnership
- Medicare and Medicaid
- Neighborhood Health Plan
- Network Health
- Tufts Health Plan
- United Behavioral Health

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