

## DIRECTIONS

### From the North

- I-190 south to exit 1 onto Route 12 south
- Merge with Route 9 west/Park Avenue
- At 3rd traffic light, right on Chandler Street to #411

### From the South

- Route 146 north to I-290 east
- Exit 17 onto Route 9 west
- Route 12 south, left onto Park Avenue
- At 3rd traffic light, right on Chandler Street to #411

### From the East

- Mass Pike west to Route 495 north
- Take Route I-290 west to exit 18 onto Route 9
- Turn right at end of ramp, go to second traffic light
- Turn right onto Route 9, go about 1.4 miles
- At Route 12/Park Avenue, turn left.
- At 3rd traffic light, right on Chandler Street to #411

### From the West

- Mass Pike east to exit 10 onto I-290 east
- Exit 17 onto Route 9 west
- Route 12 south, left onto Park Avenue
- At 3rd traffic light, right on Chandler Street to #411

## 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.

411 CHANDLER STREET, WORCESTER, MA 01602  
PHONE: 508-799-0688 FAX: 508-752-0469



# ARBOUR COUNSELING SERVICES WORCESTER



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 Worcester Center offers the following services:

- Individual, couple, family and group counseling for all ages.
- 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.
- 24-hour emergency on-call services for individuals engaged in treatment with a therapist.

The Worcester Center also specializes in the following areas:

- ADD/ADHD
- Anger Management
- Child and Adolescent Psychiatry
- Couples/Family
- Dual Diagnosis
- Substance Use Disorders
- Multicultural Issues
- Psychopharmacology
- Trauma Services
- Second Offender DUI Aftercare

## HOURS OF OPERATION

Monday–Thursday	8:30 a.m. to 8:00 p.m.
Friday	8:30 a.m. to 7:00 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, call the Center Director or to make a referral contact the Intake Coordinator at 508-799-0688.

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

## INSURANCE

Arbour Counseling Services, Worcester accepts insurance plans including:

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

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