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# Elmwood Health Center

An affiliate of PeopleInc

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EHC COUNSELING SERVICES

## **ELMWOOD HEALTH CENTER MENTAL HEALTH COUNSELING SERVICES**

The Elmwood Health Center offers mental health assessment, evaluation and counseling provided by a staff of licensed social workers. Services are provided to children, adolescents and adults with and without disabilities. The social workers are skilled and caring professionals. They are able to diagnose and treat a variety of mental health disorders and emotional and behavioral problems.

Individual Counseling is available to address various issues from short term adjustment issues to more serious concerns including depression, anxiety, panic, grief, relationship difficulties, and anger and stress management.

Family counseling is available to assist family members in increasing and improving communication, managing and resolving conflict, improving problem solving, coping with disabilities, handling children's behavior problems, and other family systems issues.

Group Therapy is available to adults with developmental disabilities. We offer a range of short and long term groups addressing a variety of topics including relationship skill building for sexually consenting and non-consenting adults, anger management, social skills development, depression support, grief support, relaxation and stress management. Auditory, visual, and tactile learning approaches are utilized to reinforce information, skills, and behaviors learned in these psycho-educational groups.

### **CONTACT**

New topics and strategies are routinely developed and offered to meet the needs of individuals seeking counseling. To complete a phone intake for services, please call 716.566.5001.