

# DIRECTIONS TO ARBOUR COUNSELING SERVICES OF WORCESTER

## FROM THE NORTH:

- Take I-190 South to Exit 1 (Route 12 - Worcester/Goldstar Boulevard).
- Follow Route 12 South (merge with Route 9 West - Park Ave.)
- Follow Park Avenue to 3rd traffic light (Chandler St.)
- Turn Right. Follow Chandler St. to #411.

## FROM THE SOUTH:

- Take Route 146 North to I-290 East.
- Follow I-290 East to Exit 17 (Route 9).
- Follow Route 9 West to intersection with Route 12 South.
- Turn left. Follow Park Avenue 3rd traffic light (Chandler St.)
- Turn Right. Follow Chandler St. to #411.

## FROM THE WEST:

- Take the Mass Pike East to Exit 10 (Worcester/Auburn).
- Follow I-290 East to Exit 17 (Route 9).
- Follow Route 9 West to intersection with Route 12 South.
- Turn left. Follow Park Avenue 3rd traffic light (Chandler St.)
- Turn Right. Follow Chandler St. to #411.

## FROM THE EAST:

- Take the Mass Pike West to Route 495 North.
- Follow Route 495 North to Route 290 West (Worcester/Auburn).
- Take Exit 18 (to Route 9).
- Turn right at end of ramp and continue to second traffic light (Route 9).
- Turn right and follow Route 9 approximately 1.4 miles to intersection with Route 12.
- Turn left. Follow Park Avenue 3rd traffic light (Chandler St.)
- Turn Right. Follow Chandler St. to #411.

## ABOUT THE COVER

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



# ARBOUR COUNSELING SERVICES OF WORCESTER



## ARBOUR COUNSELING SERVICES

*A Division Of Arbour Health System*

411 Chandler St. • Worcester, MA 01602  
Phone: (508) 799-0688 • Fax: (508) 752-0469  
Easy Access to Quality Mental Health Services  
[www.arbourhealth.com](http://www.arbourhealth.com)



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 patients' and referrers' 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
- Gay and Lesbian Issues
- Geriatric Services
- HIV/AIDS
- Multicultural Issues
- Psychopharmacology
- Trauma Services
- Second Offender DUI Aftercare

Languages spoken:

- English
- Italian
- Spanish

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

## HOURS OF OPERATION

SUNDAY	Closed
MONDAY	9:00 am - 9:00 pm
TUESDAY	9:00 am - 9:00 pm
WEDNESDAY	9:00 am - 9:00 pm
THURSDAY	9:00 am - 9:00 pm
FRIDAY	9:00 am - 9:00 pm
SATURDAY	By appointment only

The Center is accessible to the physically disabled and is convenient to public transportation.

For more information, call the Center Director or to make a referral contact the Intake Coordinator at (508) 799-0688.

All appointments are scheduled with the highest level of confidentiality, with urgent appointments usually available on the same day of contact.

Arbour Counseling Services accepts most forms of payment, including Aetna, Blue Cross Blue Shield, BMC Healthnet, Cenpatco, Fallon Health Plan, Harvard Pilgrim Health Care, Massachusetts Behavioral Health Partnership, Neighborhood Health Plan, Network Health, Tufts Health Plan, United Behavioral Health, Medicare, MassHealth and other insurances. Self-pay arrangements are also available.

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 13 locations throughout eastern Massachusetts; and Arbour SeniorCare.