

The Counseling Center at Family Resources



The Counseling Center at Family Resources focuses on empowering and strengthening individuals and families. We provide comprehensive services that address the diverse mental health needs of children, adolescents, adults, and families.

Our board-certified psychiatrists and clinical professionals provide expert care to people who have experienced trauma and need help navigating the healing process. We offer counseling for adults and youth who are experiencing anxiety, depression, relationship issues, job stress, life changes, or serious and persistent mental health needs.

Find Care and Relief

We recognize and enable each person's efforts to stabilize, change, and grow. Our services and programs are created to positively impact those that have experienced trauma, as well as those who are struggling with ongoing emotional difficulties.

Services include:

- Individual, family, group, and couples therapy
- Play therapy
- Psychiatric evaluation for adults
- Medication management for adults
- Proven evidence-based therapy models: Parent-Child Interaction Therapy (PCIT); Trauma-Focused Cognitive Behavioral Therapy (TF-CBT); and Alternatives for Families- Cognitive Behavioral Therapy, Motivational Interviewing, Structural Family Therapy

Our Counseling Center is conveniently located at the corner of Forbes Avenue and Pride Street in uptown Pittsburgh. Free parking is available for clients of Family Resources. We are easily accessible from major bus lines along Forbes and Fifth Avenues.

We work closely with clients to ensure access to the services they need. Our Counseling Center accepts most insurance carriers and assists uninsured clients with gaining access to insurance programs that meet their financial needs.

FOR MORE
INFORMATION, CONTACT
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DEPARTMENT
412.363.1702
AND PRESS "2"