

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
- Therapy for adults who have experienced trauma as children
- Treatment services for non-abusing partners
- Psychiatric evaluation
- Medication management
- Proven evidence based therapy models: Parent-Child Interaction Therapy (PCIT); Trauma-Focused Cognitive Behavioral Therapy (TF-CBT); and Alternatives for Families-Cognitive Behavioral 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.

Family Resources

Everything we do is focused on creating a better future for our children. We provide families and neighborhoods the tools they need to keep children safe, prevent abuse, manage conflict and support the changing needs of families.

Learn more about Family Resources services: www.familyresources.org

FOR MORE
INFORMATION CONTACT
FAMILY RESOURCES
ADMISSIONS
DEPARTMENT
412.363.1702
AND PRESS "2"