



## We're Here to Help!

Family Services of NW PA has been serving children and families in Northwest Pennsylvania for more than 135 years.

Our core service areas include:

- Center for Counseling and Wellness
- Child Welfare Services
- In-Home Behavioral Health Services
- School-Based Services
- Mentoring and Education Services

We serve families in Erie, Crawford, Mercer, Venango and McKean Counties in Pennsylvania.



**Our Vision:**  
Every family thrives.

**Our Mission:**  
We strengthen families  
and transform lives.

Learn more at  
**[www.FSNWPA.org](http://www.FSNWPA.org)**



## Contact Us

- 814.866.4500
- [contact@fsnwpa.org](mailto:contact@fsnwpa.org)
- [www.FSNWPA.org](http://www.FSNWPA.org)

## Office Locations

- Erie County Office**  
5100 Peach Street  
Erie, Pennsylvania 16509
- Downtown Erie Office**  
240 West 11<sup>th</sup> Street, Fourth Floor  
Erie, Pennsylvania 16501
- Crawford County Office**  
18360 Technology Drive, Suite 200  
Meadville, Pennsylvania 16335
- Mercer County Office**  
7 West State Street, Suite 208  
Sharon, Pennsylvania 16146

Family Services of NW PA is a proud member of



Contributions to Family Services of NW PA are Tax Deductible.  
**Make a donation at [www.FSNWPA.org/donate](http://www.FSNWPA.org/donate)**

# CENTER FOR COUNSELING & WELLNESS



Services available in

# Erie County

# 814.866.4500

**[www.FSNWPA.org/Clinic](http://www.FSNWPA.org/Clinic)**



# CENTER FOR COUNSELING & WELLNESS

## at Family Services of NW PA

### Office-Based Therapy:

Therapy is available to help individuals, couples, and families with a variety of issues. This includes relationship concerns, parenting challenges, adjustment issues, depression, anxiety, and anger management.

Counselors work with individuals, couples, and families to help improve partner, professional, family, and personal relationships, recover from trauma and loss, and adjust to life challenges and major transitions. Clinic professionals specialize in treating trauma throughout the lifespan by using Trauma-Focused Cognitive Behavioral Therapy (TF-CBT), and Cognitive Processing Therapy (CPT).

### Psychiatric Services:

Psychiatric services include psychiatric evaluations, medication management, and medication monitoring for children and adults.

The Center for Counseling and Wellness is staffed by a board-certified psychiatrist, certified registered nurse practitioner (CRNP), nurse, master level therapists and licensed clinicians.

### Trauma-Focused Therapy:

Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) is an evidence-based program that helps children and their caregivers overcome the negative effects of traumatic life events such as:

- Loss of a loved one
- Accidents, disasters, or fires
- Domestic/community violence
- Bullying
- Physical, sexual, or emotional abuse
- Life-threatening illness or injury

TF-CBT teaches methods to manage common reactions, painful feelings, thoughts and behaviors, skills to enhance family communication and interaction, and effective strategies to heal. The goal is to integrate traumatic experiences so that traumatic stress no longer interferes with daily life.

Therapy occurs in a private office setting, both individually and with the child and caregiver together. Our trauma-focused therapists are specially trained to help your child and family navigate their way through the traumatic events they've experienced.

### Symptoms:

If you observe any of the following symptoms, please consider a referral to the Center for Counseling and Wellness.

- Sadness, tearfulness, crying, emptiness
- Angry outbursts, irritability, being on guard
- Trouble thinking or concentrating
- Severe emotional distress
- Upsetting dreams/nightmares
- Negative thoughts about self or others

Symptoms adapted from the Mayo Clinic Website, [www.mayoclinic.com](http://www.mayoclinic.com)

### Referrals:

All referrals to the Center for Counseling and Wellness must first schedule an intake and assessment appointment with a clinic therapist. If the assessment reveals a need for psychiatric services, a referral will then be made.

Telehealth options are available on a case-by-case basis.

To learn more or make a referral, call

**814-866-4578**

