



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:

- Counseling
- Permanency
- Community Supports

We serve families and individuals 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



Contact Us

-  814.866.4500
-  info@fsnwpa.org
-  www.FSNWPA.org

Service Location

-  **Erie County Office**
5100 Peach Street
Erie, Pennsylvania 16509

Other Office Locations

-  **Downtown Erie Office**
240 West 11th 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



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Make a donation at www.FSNWPA.org/donate

CENTER FOR COUNSELING & WELLNESS



Services available in

Erie County

814.866.4500

www.FSNWPA.org/Center



CENTER FOR COUNSELING & WELLNESS

at Family Services of NW PA

The Center for Counseling and Wellness at Family Services of NW PA provides a variety of outpatient clinical services for adults, youth, and families.

Outpatient Therapy:

Outpatient Therapy helps individuals, couples, and families with a variety of issues, including relationship concerns, parenting challenges, adjustment issues, depression, anxiety, and anger management.

Services are designed to help individuals, couples, and families improve personal and professional 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) for youth and Cognitive Processing Therapy (CPT) for adults.

Psychiatric Services:

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

Drug and Alcohol Treatment:

As a licensed drug and alcohol treatment facility, the Center for Counseling and Wellness offers outpatient drug and alcohol treatment services for adults and adolescents who have substance use disorders. Outpatient treatment provides a structured approach to recovery while allowing the individual to function in their usual environment.

Services are designed to help individuals face the challenges of recovery and learn to manage life without the use of alcohol and drugs. This includes:

- Assessment to determine the appropriate level of care
- Individual Therapy to address personal challenges and develop coping strategies
- Group Therapy to share experiences in a supportive environment and learn from others facing similar challenges

Center Staff:

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.

Referrals:

All referrals to the Center for Counseling and Wellness must first schedule an intake and assessment appointment with a clinic therapist to determine whether Outpatient Therapy, Drug and Alcohol Treatment, or Psychiatric Services are most appropriate.

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

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

To learn more or make a referral, call

814-866-4500

