

**HOURS OF OPERATION:**

Monday	8:00AM - 6:00PM
Tuesday	8:00AM - 8:00PM
Wednesday	8:00AM - 7:00PM
Thursday	8:00AM - 4:00PM
Friday	8:00AM - 4:00PM

For more information  
or to set up a  
Counseling Appointment

Call:  
(716)488-1971  
Or  
Toll Free  
1-888-490-7674

**MISSION STATEMENT:**

To strengthen the  
mental health and  
well being of  
individuals,  
families,  
and our  
community



Phone: (716) 488-1971  
Fax: (716) 483-6878  
E-mail: [fscr@familyservicecr.com](mailto:fscr@familyservicecr.com)  
[www.familyservicecr.com](http://www.familyservicecr.com)

Rev 4/2011



**COUNSELING  
CENTER**

**Building Healthy Families**

**Family Service of the  
Chautauqua Region, Inc.**

1-888-490-7674  
(716)488-1971  
PO Box 457  
332 East Fourth St.  
Jamestown, NY 14702-0457

## *Why Counseling?*

Almost all of us experience life adjustment difficulties at times; it's part of living. Sometimes these difficulties require outside help, usually for a relatively short period of time.

## *Counseling:*

- Helps with coping skills
- Provides crisis support
- Speeds up adjustment to transition & trauma
- Helps process relationship issues
- Helps children with behavioral problems
- Strengthens the family
- Helps develop healthy relationships
- Often relieves excess stress & depression
- Helps resolve parent-child conflicts
- Helps with the stages of the grieving process

## *Facts About Us:*

Family Service of the Chautauqua Region has been providing services to the community since 1903.

- Staff consists of mental health professionals with at least a Masters' degree from a variety of disciplines
- Governed by a voluntary Board of Directors
- Supported in part by the United Ways of Southern and Northern Chautauqua County, the Chautauqua County Youth Bureau, Third Party insurance, and client fees.
- Provider for most insurance companies
- Sliding scale fees for those who qualify
- Day and evening hours available
- HIPAA compliant
- Confidential
- Professional
- Responsive
- Multi-Lingual staff available
- Diverse

## *Services Include:*

- ⇒ Counseling for individuals, groups, couples, and families.
- ⇒ Support & Education
- ⇒ Sex Offender Treatment
- ⇒ Psychological Testing



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