

## Counseling Center, Lynchburg

Age Requirements

18 and over

Available 24/7

No

Other Eligibility Criteria

Short term, solution focused counseling for children, youth, adults and families

Family

Yes

Intake Contact

Intake

Intake Contact Email

TCC@humankind.org.

Intake Process

Telephone referral accepted. Walk-ins accepted. Proof of income required.

Appointment required to establish counseling. Same day appointments on Tuesdays and Thursdays if phone call or walk-in is by 1:30pm

Intake Contact Telephone

(434) 846-1124

Self Refer

Yes

HumanKind

<https://www.humankind.org>

<https://www.humankind.org/mental-behavioral-health/the-counseling-center-at-hum...>

<https://www.facebook.com/HumanKindVA/>

@HumanKindVA

Main

(434) 845-5944 x1256

Presbyterian Homes Campus

150 Linden Avenue

24503 VA

United States

Monday: 9:00 am-5:00 pm

Tuesday: 9:00 am-5:00 pm

Wednesday: 9:00 am-5:00 pm

Thursday: 9:00 am-5:00 pm

Friday: 9:00 am-5:00 pm

Saturday: Closed

Sunday: Closed

Additional Availability Comments

Some evening appointments are available

Fee Structure

Sliding Scale Fee

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Call for Information

Payment Method(s)

Private Pay

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Medicaid

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Medicare

Languages Spoken

English

The Counseling Center provides professional counseling to individuals, children, adolescents, couples and families dealing with life challenges and/or transition issues. Counseling provided for challenges such as depression, anxiety, death, divorce, physical abuse, sexual abuse, adjustment problems, marital difficulties, anger management and more. Services are confidential.

The Counseling Center offers anger management, home-based counseling and classes for divorced or divorcing parents. Goal and mission: to strengthen families and promote healthy relationships.

The Counseling Center is located at Humankind's Presbyterian Homes Campus located on Linden Avenue. For more information call 434-845-5944, extension 1256.

Anger Management: A 6 week, highly interactive program allowing participants to assess their anger, its roots, and plan for situations that are difficult to manage. A focus on prevention makes our program very unique from the other options in the community. All classes are held on Tuesdays from 10 AM until 11:30AM. The cost is \$200 and payment plans are available. \$50 is due before the first class for those using the payment plan.

The Counseling Center offers a specialized parenting class for divorced or divorcing couples. This is a 4 hour intensive class for any adult involved in a custody dispute, divorcing and those seeking visitation through the court system and other adults such as grandparents who are concerned about the effects of adult conflict on children. Cost is \$50 per person for evening class from 5:30 until 7:30PM.

At HumanKind, we have five focus areas:

Safe & Healthy Living--Our programs empower families to become healthy and successful. Parents learn necessary skills to prevent child abuse and neglect, to be happy and more self-sufficient and to build a bright future.

- Family Partnership
- Parenting Classes
- Life Skills for Youth
- Life Skills for Adults
- Permanent Supportive Housing

Residential Care--With group homes across Virginia, more than 70 adults with intellectual disabilities are leading productive and meaningful lives in our care. We also provide safe and loving foster homes for children with identified emotional or behavioral challenges.

- Adult Supervised Living
- Adult Group Homes
- Adult Sponsored Homes
- Therapeutic Foster Care for Children

Early Childhood Development--Our programs are helping children thrive today while preparing them for success tomorrow.

- Child Care Resource Center
- Family-Education Partnership
- Healthy Families
- Little Wings Preschool

Mental Health Services--Programs under the Mental Health Services umbrella help children, teens, and adults overcome emotional and psychological challenges while keeping families together.

- Counseling Center
- Family Coaching
- Intensive In-Home Service
- Mental Health Skill-Building

Economic Empowerment--Our programs help people reduce debt, repair credit, establish financial stability, increase self-sufficiency and advance career and educational opportunities.

- Ways to Work
- Financial Opportunity Center (FOC)

Service Area(s)

Amherst County

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Appomattox County

,

Bedford County

,

Campbell County

,

Lynchburg City

Email

[info@humankind.org](mailto:info@humankind.org)