

## **Elderly, Family and Marital**

Age Requirements

No Age Requirement

Family

Yes

Intake Process

Please call for more information.

Provider Refer

Yes

Self Refer

Yes

Winchester Community Mental Health Center, Inc.

<https://www.winchestercmhc.com>

Main

(540) 535-1112

36 Ricketts Drive

22601 VA

United States

Monday: 9:00 am-7:00 pm

Tuesday: 9:00 am-7:00 pm

Wednesday: 9:00 am-7:00 pm

Thursday: 9:00 am-7:00 pm

Friday: 9:00 am-5:00 pm

Saturday: Closed

Sunday: Closed

Fee Structure

Fee Range

Payment Method(s)

Private Pay

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Private Insurance

Languages Spoken

English

Winchester Community Mental Health Center, Inc (WCMHC) provides a variety of counseling services. Click on the links below to learn more about our programs.

### [Elderly Counseling](#)

Older adults have special physical, emotional, and social needs. They take a comprehensive approach to diagnosis and treatment, including listening and responding to the concerns of the older adult, helping families, and when necessary, working with other health care professionals to develop effective approaches to treatment. Working with families and developing an individualized therapeutic plan for an older adult can help bring about a greater quality of life throughout the aging process.

### [Family Counseling](#)

WCMHC knows that life can be extremely stressful and painful at times. Breakdowns within the family can occur and are most commonly associated with a lack of communication. At WCMHC, they believe in a holistic approach to counseling which will help both you and your therapist to identify your specific needs.

Working through the barriers of communication, such as anger, pride, low self-esteem, jealousy, and envy can bring about a more peaceful resolution to everyday family problems, the serious as well as the not so serious. Maintaining communication and being able to understand everyone's perspective, instead of a perceived understanding can heal and reinvigorate the family as a whole.

### [Marriage Counseling](#)

WCMHC's focus is primarily on building communication skills to help couples avoid

misunderstandings and identify specific problem areas. By isolating specific needs the therapist can help the couple build bridges of understanding and coping skills to work through and avoid major problems. You can use marriage counseling to address many specific issues, including:

- Communication problems
- Sexual difficulties
- Conflicts about child-rearing
- Substance abuse
- Financial problems
- Anger
- Infidelity
- Divorce

Service Area(s)

Clarke County

,

Frederick County

,

Page County

,

Shenandoah County

,

Warren County

,

Winchester City