



Astor Services for Children & Families promotes the well-being of individuals and their families through a range of programs.

### Counseling Centers

Astor's Counseling Centers provide therapy, psychiatric services, and family advocacy to youth (ages 2-26) and their families using a strengths-based approach. Our interdisciplinary team includes child psychiatrists, psychologists, psychiatric nurse practitioners, nurses, social workers, mental health counselors, and family advocates.

Those seeking therapy can call any location to start services. See below for each location's hours of operation.

### Services:

The Astor team has an expertise in a variety of evidence-based treatment services designed to integrate the complex and co-occurring needs of youth and families. The following is a list of the services available within the clinic:

- Family, Individual and Group Therapy
- Crisis Intervention & Safety Planning
- Psychiatric Services & Medication Management
- Psychological Testing
- Substance Abuse Screening & Treatment
- Treatment of Youth who cause sexual harm
- Family Advocacy

### Cost:

Astor's Counseling Centers accept insurance and Medicaid. Individuals without insurance can utilize a sliding-scale fee.

### Locations:

#### DUTCHESS COUNTY COUNSELING CENTERS:

##### **Beacon Counseling Center**

223 Main St, Beacon, NY 12508

(845) 838-4920 | Mon., Wed., Fri. 9-5pm; Tues. & Thurs. 9-9pm

##### **Poughkeepsie Counseling Center**

46 Lincoln Ave, Poughkeepsie, NY 12601

(845) 471-6004 | Mon.-Thurs. 9-8pm and Fri. 9am-5pm

##### **Hyde Park Counseling Center**

Children's Medical Group, Suite 2

4252 Albany Post Rd, Hyde Park, NY 12538

(845) 233-5935 | Mon.-Thurs. 9-8pm and Fri. 9am-5pm

##### **Dover Counseling Center**

6423 Rt. 55, Wingdale, NY 12594

(845) 350-3010 | Mon.-Thurs. 9-8pm and Fri. 9am-5pm

##### **Rhinebeck Counseling Center**

187 E. Market Street, Rhinebeck, NY 12572

(845) 871-1535 | Mon.-Thurs. 9-8pm and Fri. 9am-5pm

#### ULSTER COUNTY COUNSELING CENTERS:

##### **Ellenville Counseling Center**

Trudy Resnick Farber Bldg, 50 Center St, Ellenville, NY 12428

(845) 647-3349 | Tuesday-Thursday 9-8pm

##### **Kingston Counseling Center**

239 Golden Hill Lane, Suite 100, Kingston, NY 12401

(845) 340-4105 | Mon.-Thurs. 9-8pm and Fri. 9am-5pm

##### **Highland Counseling Center**

280 State Route 299, Highland, NY 12528

(845) 419-3535 | Mon.-Wed. 9-8pm and Fri. 9am-5pm