



## 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.

### Services Offered

- Family, Individual and Group Therapy
- Crisis Intervention & Safety Planning
- Psychiatric Services & Medication Management
- Psychological Testing
- Behavioral health assessment
- Substance use screening and 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

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

46 Lincoln Ave, Poughkeepsie, NY 12601  
(845) 471-6004

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

Children's Medical Group, Suite 2  
4252 Albany Post Rd, Hyde Park, NY 12538  
(845) 233-5935

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

6423 Rt. 55, Wingdale, NY 12594  
(845) 350-3010

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

187 E. Market Street, Rhinebeck, NY 12572  
(845) 871-1535

#### Ulster County Counseling Centers:

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

Trudy Resnick Farber Bldg, 50 Center St,  
Ellenville, NY 12428 | (845) 647-3349

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

239 Golden Hill Lane, Suite 100,  
Kingston, NY 12401 | (845) 340-4105

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

280 State Route 299, Highland, NY 12528  
(845) 419-3535

### Contact Us:

[HudsonValleyReferrals@astorservices.org](mailto:HudsonValleyReferrals@astorservices.org)