

## **Counseling**

(Family Law CASA does not endorse or support any of the organizations named below, the information is simply provided to assist those seeking resources. The list may not be complete and does not include those in private practice.)

### **Atlantic Street Center**

2103 South Atlantic Street

Seattle, WA 98144

Phone: (206) 329-2050

Fax: (206) 329-2171

Website: [www.atlanticstreet.org](http://www.atlanticstreet.org)

Cost: Intake and sessions are on a sliding fee scale; accepts medical coupons; does not bill insurance but can provide documentation for reimbursement from private insurance.

Hours: Monday-Friday 9:00am-7:00pm; counselor's hours are flexible within those hours

Additional Information: Services are mainly for children. There is an initial intake with the children which involves parents. If it is determined that parents need counseling, individual counseling services can be provided to the parents.

### **Auburn Youth Resources**

816 F Street Southeast

Auburn, WA 98002

Phone: 253 939 2202

Cost: Flat fee scale. Intake is \$125; \$100 per session; accepts medical coupons and private insurance; there is a sliding scale available if cannot pay flat fees, do not have medical coupons or insurance.

Hours: The intake appointment lasts for 2 hours and is done during normal business hours at 9:00am-5:00pm. Counseling appointments can be scheduled as late 8:00pm and occasionally on Saturdays.

Additional Information: Services are for youth and teens, but counselors do work with parents in conjunction.

### **Center for Human Services (CHS)**

17018 15<sup>th</sup> Avenue NE

Shoreline, WA 98155

Phone: 206 362 7282

Fax: 206 362 7152

Email: [execdir@chs-nw.org](mailto:execdir@chs-nw.org)

Website: [www.chs-nw.org](http://www.chs-nw.org)

Cost: Sliding fee scale, with highest fee being \$70/ hour. CHS accepts a medical coupons and most insurance.

Additional Information:

To participate in counseling at CHS, a client needs to begin by calling the CHS counseling intake line, participate in a phone screening with a counselor, and then schedule their initial appointment.

**Coastal Treatment Services**

14730 NE 8<sup>th</sup> Street, Suite 110

Bellevue, WA 98007

Phone: 425 646 4406

Website: [www.coastaltreatment.com](http://www.coastaltreatment.com)

Cost: Evaluation is \$250; mental health orientation is \$85; individual counseling is \$80 per session; group counseling is \$30 per session

Hours: Monday-Friday, 6:00am-7:00pm

Additional Information: Services are for children and adults. Clients need to go through the initial evaluation which takes 3 hours, and then through orientation before starting counseling.

**Consejo**

3808 S. Angeline St.

Seattle, WA. 98118

Phone: 206-461-4880

Fax: 206-461-6989

Cost: Sliding scale and medical coupons are accepted.

Hours: 8:00am -5:00pm Monday through Friday

Additional Information: Mental health counseling for adults and children including those who speak only Spanish. To set up sessions, call and ask for intake.

**Divorce Lifeline**

433 Minor Avenue North

Seattle, WA 98109

Phone: 206 694 5700

Fax: 206 694 5777

Email: [northpugetsound@lcsnw.org](mailto:northpugetsound@lcsnw.org)

Website: [www.lcsnw.org](http://www.lcsnw.org)

Cost: Sliding fee scale from \$10 to \$100 depending on a monthly income

Location: Seattle and Edmonds- 196<sup>th</sup> and Hwy 99, call for exact location

Hours: Every other Saturday from 10:00am to 12:30/1:00pm

Duration: Throughout school year

Description: Divorce Lifeline is for parents and children who are going through a divorce. The program entails parents and children participating in workshops. In the workshops parents are grouped with a facilitator/therapist who educates parents how to deal with their own and their children's issues regarding divorce. At the same time, the children are grouped with a therapist who works with the children in dealing with their issues regarding divorce, as well as offering feedback to the parents. There are different groups for different age groups of the children.

Additional Information: There are related support groups that are on-going throughout the year. There is an entry level group that is a 10 week program. After completing the entry level program, parents can move into the long term support program that is at least 5 months in duration.

**Family Services**

615 2<sup>nd</sup> Ave, Suite 150

Seattle, WA 98104

Phone: 206 826 3050

Fax: 877 903 0711

Website: [www.family-services.org](http://www.family-services.org)

Email: [info@family-services.org](mailto:info@family-services.org)

Cost: \$115/hour; does accept most insurance and medicare, does not accept medical coupons

Location: offices in Northgate and West Seattle

Additional Information:

There are services for couples and families and individual counseling for children and adults. Client's need to participate in a phone screening with therapist then set an appointment. After screening, the therapist may make referrals based upon client's needs if appropriate.

### **Fremont Community Therapy Project**

Laura S. Brown, Ph.D. ABPP

3429 Fremont Place North, #319

Seattle, WA 98103

Phone: 206 633 2405

Email: [lsbrownphd@cs.com](mailto:lsbrownphd@cs.com)

Website: [www.dr.laurabrown.com](http://www.dr.laurabrown.com) and [www.therapyproject.org](http://www.therapyproject.org)

Cost: \$10-\$20 per session

Additional Information:

Beginning August 1<sup>st</sup>, the FCTP is taking names for intake appointments on a first come first serve basis. Service will begin September 5<sup>th</sup>, 2006 until June 22<sup>nd</sup>, 2007. The services are provided by master degree students in the doctoral degree program of clinical psychology. Services are not provided to those who are actively suicidal, psychotic, or abusing substances, or cannot speak English (due to inability to provide an interpreter). Please contact Dr. Laura S. Brown or the FCTP website at [www.theapyproject.org](http://www.theapyproject.org)

### **Friends of Youth**

Website: [www.friendsofyouth.org](http://www.friendsofyouth.org)

Locations: Duvall, Issaquah, and Snoqualmie

2633 Northeast Valley, Suite 1

Duvall, WA 98109

Phone: 425 844 3090

414 Front Street

Issaquah, WA 98027

Phone: 425 393 6367

7972 Maple Avenue Southeast

Snoqualmie, WA 98068

Phone: 425 888 4151

Cost: Sliding fee scale; accepts medical coupons and insurance  
Hours: Appointments are on Mondays-Fridays, 10:00am-8:00pm  
Additional Information: There is an initial appointment for intake; services are for youth ages 2-18 and their families that live in Issaquah, Snoqualmie, and Duvall.

### **Kent Youth and Family Services**

232 2<sup>nd</sup> Avenue South, Suite 201

Kent, WA 98032

Phone: 253 859 0300

Website: [www.kyfs.org](http://www.kyfs.org)

Cost: Sliding scale fee depending on income; accepts Medicaid, medical coupons, and most insurance.

Hours: Monday-Thursday, 10:00am-8:00pm

Additional Information:

Methods of therapy vary based on therapist's expertise, such as mental health, family or social work. Kent Youth and Family Services therapists are available in 15 schools within the Kent school district.

### **Mercer Island Youth and Family Services**

2040 84<sup>th</sup> Avenue Southeast

Mercer Island, WA 98040

Phone: 206 236 3525

Website: [www.ci.mercer-island.wa.us/yfs](http://www.ci.mercer-island.wa.us/yfs)

Email: [miyfs@ci.mercer-island.wa.us](mailto:miyfs@ci.mercer-island.wa.us)

Cost: \$85 per session; provides a sliding fee scale if needed; unable to bill insurance but provides documentation for reimbursement from private insurance

Hours: Monday, Wednesday, Friday 9:00am-5:00pm; Tuesday and Thursday 9:00am-7:00pm

Additional Information:

Services are provided to people of all ages. Individual, couples, and family services. Services are provided only to Mercer Island Residents. There is a brief consultation and then either short term or long term therapy.

### **Northshore Youth and Family Services**

10309 Northeast 185<sup>th</sup> Street

Bothell, WA 98041

Phone: 425 485 6541

Cost: \$100 per session; there is a sliding fee scale based on income and family size; accept medical coupons from clients of King county

Hours: Appointments are within normal business hours of Monday-Thursday 9:00am-7:00pm and Friday 9:00am-3:00pm

Additional Information: Clients need to do a request for service and set up an intake where information is obtained from the client and given to the clinical director to set up an appointment with a counselor. Services are for people of all ages, and for couples, marriage, and parenting issues.

**RAYS: Renton Youth and Family Services**

1025 South 3rd Street

Renton, WA 98055

Phone: 425-271-5600

Website: [www.rays.org](http://www.rays.org)

Cost: \$85/hour; there is a sliding fee scale; accepts medical coupons and insurance

Hours: Appointments are on Monday-Friday, 9:00am-7:00pm

Additional Information:

There is an intake appointment for 2 hours that is charged by the hourly rate. There is a waitlist for intake. Services are for the child and can include their family in conjunction. RAYS counseling has expertise in behavior problems, anger management, domestic violence and abuse intervention and prevention, depression, and issues with loss. Services are based out of main office as well as in the Tukwila and Renton elementary, middle, and high schools which provided individual, group, and family counseling.

**Sea Mar Community Health Center:**

**Outpatient Behavioral Health Clinic**

1040 South Henderson Street

Seattle, WA 98108

Phone: 206 766 6976

Cost: Sliding fee scale; accepts DSHS medical coupons and insurance

Hours: Monday-Friday, 8:00am-5:00pm

Additional Information: Child, family, adult, individual and group counseling. Services are bi-lingual and bi-cultural, primarily for Hispanic/Spanish-speaking.

**Seattle Mental Health- Northwest Counseling Institute**

Phone: 206.302.2300

TTY: 206.302.2209

Cost: Accepts Medicaid GAX or CNP coupons

Hours: Monday-Friday, 8:00am-5:00pm

Additional Information:

Provides counseling services for individual adults and children, families, couples, and groups. Clients must go through a 10 minute phone screening prior to the 2 hour assessment. The assessment is required prior to starting counseling.

Locations:

**Auburn**

Northwest Counseling Institute- Auburn

1314 8<sup>th</sup> Street Northeast, #103

Auburn, WA 98002

Phone: 253 876 8900

**Bellevue**

Seattle Mental Health- Eastside

Northwest Counseling Institute

14216 Northeast 21<sup>st</sup> Street  
Bellevue, WA 98007  
Phone: 425 653 4900  
Fax: 425 653 4910

**Kent**

Seattle Mental Health- Kent  
1404 South Central Avenue, #113  
Kent, WA 98032  
Phone: 253 876 7620

**Redmond**

Northwest Counseling Institute- Redmond  
16345 Northeast 87<sup>th</sup> Street, C-1  
Redmond, WA 98052  
Phone: 425 869 6634/425 653 4960  
Fax: 425 653 4961

**Seattle**

Northwest Counseling Institute & Children's Services  
2719 East Madison, Suite 200  
Seattle, WA 98112  
Phone: 206 302 2600  
Fax: 206 302 2610

Northwest Counseling Institute- Northgate  
9706 4<sup>th</sup> Avenue Northeast, #303  
Seattle, WA 98115  
Phone: 206 302 2900  
Fax: 206 302 2209

**Tukwila**

6100 South Center Boulevard  
Tukwila, WA 98188  
Phone: 206 444 7800

**Southeast Youth and Family Services**

3722 South Hudson Street  
Seattle, WA 98118  
Phone: 206 721 5542  
Email: [seyfs@uswest.net](mailto:seyfs@uswest.net)  
Website: [www.scn.org/seyouth/index.htm](http://www.scn.org/seyouth/index.htm)

Cost: Sliding fee scale; accepts medical coupons

Hours: Counselors work during office hours of Monday-Friday, 8:30am-5:00pm, but they can be flexible based on need of clients.

Additional Information:

Services are for youth of any age up to 20 and their families; there is individual counseling for the youth, family, and adults/parents.

**Southwest Mental Health Ministry (SWMHM)**

2640 Benson Road South

Renton, WA 98055

Phone: 425 204 0111

Website: [www.swmh.org](http://www.swmh.org)

Cost: FREE if without insurance or Medicaid

Hours: Thursdays 8:00am-needed; can be referred to Seattle office if later appointments are needed.

Additional Information:

Services are only for those without insurance or Medicaid.

Short term counseling for those in Renton area and Southwest King county; treatment is mainly for those with severe mental health issues, but do offer some family and marriage counseling. Services are religiously based.

**Southwest Youth and Family Services**

4555 Delridge Way Southwest

Seattle, WA 98106

Phone: 206 937 7680

Website: [www.swyfs.org](http://www.swyfs.org)

Cost: Sliding fee scale; accepts medical coupons and insurance

Hours: Appointments are available on Monday-Thursday 9:00am-7:00pm, Friday 9:00-3:00pm; clients need to verify scheduling with a counselor.

Additional Information: Clients need to make a request for counseling and then set up an intake appointment before starting counseling. Services are for both children and adults. Services are offered in both English and Spanish. Counselors are matched based upon the clients' culture, language, gender, and other factors so that there are no barriers between the counselor and client.

**Therapeutic Health Services**

Website: [www.therapeutichealth.org](http://www.therapeutichealth.org)

Corporate Office

1116 Summit Ave.

Seattle, WA 98101

(206) 726-4100

Hours: Monday-Friday, 7:00am-4:30pm

Locations:

**Central Youth and Family Services**

1901 Martin Luther King Jr. Way South

Seattle, WA 98144

Phone: (206) 322-7676

Cost: Sliding fee scale based on income; accepts private insurance and Medicaid, medical coupons

Hours: Monday-Thursday, 9:00am-6:00pm and Friday, 9:00am-5:00pm

Additional Information: Individual counseling services for youth ages 6-20 and their family in conjunction.

**Shoreline- Midvale Branch**

17962 Midvale Ave. N., #150

Shoreline, WA 98133

Phone: (206) 546-9766

Cost: Free with CNP medical coupons

Hours: Monday-Friday 8:00am-4:30pm

Additional Information: Services are for adults only; there is an initial intake to determine services that are needed for patient.

**Rainier Branch**

5802 Rainier Ave. S., Seattle, WA 98118

Phone: (206) 723-1980

Cost: Sliding fee scale- depends on income; Medicaid – CNP coupons

Hours: 8:00am-4:30pm, can be extended to 7:00pm depending on counselor

Additional Information: Services are for children of young ages to age 23, and adults who suffer from chronic to severe mental health and emotional illness. Services are for individuals and family members or individuals. There is an intake process which is by appointment- they accept some walk-ins at certain times.

**Summit Branch and Seneca Branch**

Summit: 1116 Summit Ave., Seattle, WA 98101

Phone: (206) 323-0930

Seneca: 1305 Seneca St., Seattle, WA 98101

Phone: (206) 323-0934

Cost: Sliding scale for private pay; does accept DSHS CNP and GAX coupons

Hours: Monday-Friday, 8:00am-4:30pm

Additional Information: Services for Adults only. Offers mental health counseling services in relation to drug and alcohol abuse treatment.

**Valley Cities Counseling and Consultation**

Website: [www.valleycities.org](http://www.valleycities.org)

Cost: Intake is \$150; \$105 per session; accepts private insurance, Medicaid, Medicare, private pay, and offers a sliding fee scale depending upon availability.

Additional Information: Individual mental health counseling for adults and children and adolescents and their family. Clients need to call and have a phone screening to set up intake appointment.

Locations:

**Auburn**

2704 'I' Street Northeast

Auburn, WA 98002

Access: 253 939 4055

Staff: 253 833 7444

Fax: 253 833 0480

TTY: 253 735 3354

Hours: Monday 8:30am to 6:15pm, Tuesday-Thursday 8:30am-6:45pm, Friday 8:30am-5:00pm

### **Kent**

325 West Gowe Street

Kent, WA 98032

Phone: 253 520 9350

Fax: 253 520 1799

Hours: Monday-Thursday 8:30am-7:15pm and Friday 8:30am-5:00pm

### **Federal Way Youth and Family Services**

33301 1<sup>st</sup> Way South

Federal Way, WA 98003

Phone: 253 835 9975

Hours: Monday-Thursday 8:30am-7:15pm and Friday 8:30am-5:00pm

### **Vashon Youth and Family Services**

20110 Vashon Hwy SW

Vashon, WA 98070

Phone: 206 463 5511

TTY: 206 463 7575

Fax: 206 463 5513

Email: [info@vyfs.org](mailto:info@vyfs.org)

Website: [www.vfys.org](http://www.vfys.org)

Cost: Sliding scale based on income; accepts medical coupons and only Group Health insurance; there is document provision for clients to get reimbursement through their other insurance companies.

Hours: 8:00am-5:00pm and occasional evening appointments

Additional Information: Focus on youth and their families; there is individual counseling for adults. Counseling services are designed to help with variety of issues, especially family conflict, divorce, grief, and loss.

### **Youth Eastside Services**

999 164<sup>th</sup> Avenue Northeast

Bellevue, WA 98008

Phone: 425 747 4937

Website: [www.youtheastideservices.org](http://www.youtheastideservices.org)

Cost: Sliding fee scale based on family size and gross annual income ranging from \$10-\$90/hour; accepts medical coupons and insurance

Hours: Counselors have own schedule within business hours which are Monday-Thursday 9:00am-9:00pm and Fridays 9:00am-5:00pm, with some evening appointments  
Additional Information: Services are for children only; parents are included in conjunction with the child's therapy