

When You Need Some Support And Help ...

Sometimes, the challenges of life can seem overwhelming. At times like this, it helps to speak with someone who'll really listen – someone who can help you sort through your problems and questions and to choose some healthy solutions. You can get that support and help here -- at the Adolescent & Family Counseling Center.



“Helping You Solve Life’s Problems!”™
... since 1980

Personal Solutions ... for Personal Problems

One of the most important things that we do at the A&FCC is to treat each client as a unique individual. We will take the time to get to know you, and help you find the type of counseling that will work best for you.

People We Help

- Children
- Adolescent
- Young Adults
- Adults
- Seniors Adults
- Couples
- Families
- Blended Families

And we provide services in schools and colleges, in business and industry.

How We Help

We provide a broad range of mental health, health, and educational services. We offer psychotherapy [individual, couple’s, family, and group therapy], courses, workshops, programs, and presentations.

Here are some of the services provided by our fine, growing staff of experienced clinicians:

- Alcohol, Drug, & Addiction Assessments and Counseling
- ADHD Services
- Anger Management Counseling & Programs
- Assessments, Diagnosis, & Medication Management
- Career-Vocational Testing & Counseling
- Divorce Counseling
- Educational / Psychological Evaluations
- Employee Assistance Program (EAP) Services
- Hypnotherapy
- Parenting Courses
- Psychotherapy
- Self-Esteem Groups
- Sex-Abuse Counseling
- Socialization Groups
- Stress Management
- Support Groups
- Weight, Body-Image, & Wellness Counseling

About Our Staff About Our Fees



Each member of our staff listed in this brochure is trained, experienced, and skilled in his or her areas of expertise. In addition, we all share another important trait. We care about our clients --- and we go the extra distance to help them.

A Matter of Trust

We respect the privacy of our clients and we run our practice with the upmost discretion. Your dealings with the Center are always professional and confidential.

The A&FCC practice accepts medical insurance and we are preferred providers of most plans, PPOs and HMOs. We are willing to discuss our fees and to make financial payment arrangements, when necessary.

Taking That First Important Step

We know how hard it can be to take the first step to get help, so we do everything we can to make it easier. If you are unsure of the type of help you need, there’s no need to worry. If you will give us a call at our Cheshire area office [203 271-1234] or Danbury [203 790-1234], we will assist you. And, if we can’t help you here, we will help you find someone appropriate who can assist you.