

The Counseling Center at JFS Rochester

We offer counseling services that provide a range of evidence-based models to support the mental health and well-being of individuals, children, and families in our community, across the lifespan regardless of age, race, faith, or circumstance. We believe that everyone can lead a fulfilling life, and we are committed to supporting our clients in their journey toward improved mental health and well-being.

Our experienced counselors provide a safe and supportive environment for adults, adolescents, and children to explore their thoughts, feelings, and behaviors and develop effective coping skills. We understand that mental health issues can impact not only the individual, but also their family and work life, and we work collaboratively with our clients to help them regain a sense of well-being and stability.

Telehealth and in-person sessions available.

The Counseling Center accepts most insurance plans and provides a generous sliding scale fee schedule with additional need-based discounts.

Scan for our fee schedule



FOR GOOD. FOR ALL.

JFS Rochester helps people improve their emotional, physical, and financial well-being, promoting self-sufficiency and fostering economic empowerment. Our person-centered services are delivered in a warm, welcoming environment where people can feel comfortable seeking the support they need. Our commitment to serving all members of the community is rooted in the belief that every person deserves access to resources and support that can improve their well-being.

We welcome you to explore the many services and programs that JFS Rochester has to offer. Visit www.jfsrochester.org for more information.

Get Help

JFS HELPLINE

Our Helpline is available to help anyone, connecting them to JFS Rochester resources including food, counseling, and aging services as well as to other resources in the Rochester community.

Monday-Friday • 8:30 am-5:00 pm
(no walk-in appointments; please call)

 (585) 461-0114  Helpline@jfsrochester.org



The Counseling Center at JFS

441 EAST AVE, ROCHESTER, NY 14607
(585) 506-3064 • COUNSELING@JFSROCHESTER.ORG
JFSROCHESTER.ORG

Our goal is to make mental health counseling accessible and affordable for every community member.

The Counseling Center at JFS Rochester provides a range of evidence-based models to support the mental health and well-being of individuals, children, and families in our community, across the lifespan regardless of age, race, faith, or circumstance. We offer a wide range of models of care, accept most insurance plans, and provide a generous sliding scale fee schedule with additional need-based discounts.



Mental Health Counseling for Older Adults

The Counseling Center offers services for aging adults and their caregivers to address the unique challenges that come with aging and caring for older loved ones. Our experienced therapists work with older adults and their caregivers to improve communication, navigate complex medical and social systems, and promote emotional wellbeing and quality of life for all involved.



Child & Adolescent Counseling

The Counseling Center provides child and adolescent counseling services using evidence-based models like Cognitive Behavioral Therapy (CBT) to address a range of mental health concerns in young people. Our experienced therapists provide a safe and supportive environment for children and adolescents to explore their thoughts, feelings, and behaviors and develop effective coping skills to improve their emotional well-being.



Family Counseling

We offer family counseling services to provide support and guidance to families facing various challenges. Our experienced therapists work with families to improve communication, build stronger relationships, and navigate difficult situations together.



Individual and Group Counseling

Anyone struggling with depression, anxiety, or other mental health concerns that impact family and work life are welcome at The Counseling Center at JFS. Our team of licensed therapists work with people of all ages to help resolve their unique challenges and regain a sense of well-being and stability.



Nurture Program

The Nurture Program at JFS brings the community together by matching volunteers with parents during the first year of their baby's life. Volunteers are trained and supervised to support parents who are adjusting to parenthood, feeling isolated, or overwhelmed.



Play Therapy

Our registered play therapist provides an intervention for children as young as three that is proven to disrupt negative patterns and build positive coping strategies.



SPACE

SPACE—Supportive Parenting for Anxious Childhood Emotions—helps parents understand and support their child who is experiencing anxiety, while also taking care of their own emotional needs. The treatment focuses on the idea that when parents can manage their own reactions, they are better equipped to help their child.

**For Good.
For All.**

