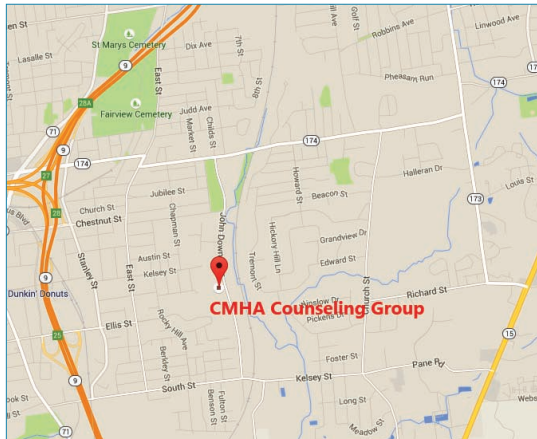


CMHA

Counseling Group

270 John Downey Drive
New Britain, CT 06051
860.612.1663
cmhacounseling@cmhacc.org



About Us

CMHA Counseling Group is a division of Community Mental Health Associates, Inc., an agency with 40 years of experience in the behavioral health field.

CMHA serves more than 6,000 adults, children and families in central and northwest Connecticut each year.



CMHA

Counseling Group

Grow. Transform. Heal.



CMHA COUNSELING GROUP

Life can be overwhelming, and stress can take its toll on anyone. CMHA Counseling Group is here to listen and to help.

We offer safe, professional and confidential therapy to help you solve life's problems. Using evidence-based treatment methods, CMHA Counseling Group tailors individual therapy to your needs and goals, understanding that no two clients or situations are alike.

Our caring and experienced staff provides solution-focused therapy for a variety of issues, including but not limited to:

- Depression;
- Anxiety;
- Relationship issues;
- Substance abuse/alcoholism;
- Gambling addiction;
- Anger management;
- Grief and loss;
- Mood disorders;
- Trauma.

Service Hours & Location

Tuesday & Thursday
5:00—8:00 pm

270 John Downey Drive, New Britain

We're conveniently located on the Newington/New Britain line, just minutes from the Berlin Turnpike and Route 9. Our offices are in a safe and discreet building with ample parking.

Payment

Aetna, Anthem and commercial Value Options insurance plans (excluding Medicare Advantage Plans), as well as self pay are accepted.

Acceptance of other insurance plans is pending verification of out of network benefits, prior to the provision of services.

Please call **860.612.1663** for additional information.

About Our Services

- Staff includes licensed professional therapists (LCSW, LMFT, LPC) and psychiatric consultation for medications as needed;
- Treatment for adults age 18+ only;
- Trauma and gender sensitive;
- English and Spanish speaking;
- Supportive, confidential care in a warm, safe and inviting atmosphere;
- Holistic and integrated approach to wellness.

Contact Us

Call or email us to schedule an appointment.

860.612.1663

cmhacounseling@cmhacc.org

