



Via's Family or Individual Counseling Services

There are many reasons we eventually ask for help from a counselor or therapist. We have an incredible tolerance for emotional pain and we learn to adapt from very early in our development. In other words, we cope until the distress becomes too great. Some of us turn to drugs, alcohol, eating disorders, anger, depression, panic, over-spending, affairs, or many other harmful crutches. There are other solutions.

Via offers free Family or Individual Counseling Services provided in your home or other setting of your choice. Call before relationships with children, partners, friends, or co-workers are affected.

Via Offers Counseling Services for:

- Adults
- Couples
- Children
- Adolescents

Therapy and Counseling Services Include:

- Individual Therapy
- Group Therapy
- Family Therapy
- Marriage Counseling
- Coaching / Mentoring
- Crisis Counseling
- Life Changing Events
- Stress Management
- Anxiety / Panic Attacks
- Nutrition & Exercise
- Addictive Behavior
- Relationship problems

What Can Cause Us Distress?

Any number of things can cause us distress—from a new child to changes at work to family issues.

A new child in the family.

Something as beautiful as the birth or adoption of a child changes our lives and our relationships. Plus, postpartum depression is more prevalent than we once knew. Is it time to work through the changes?

I thought I had the answers.

You've tried everything to make things better for you, your partner, your children, and the problems keep returning, or are getting worse. There are solutions.

What's happening to us?

If fun, respect, intimacy, and shared

interests, has been replaced by hurt, rejection, loneliness, fights, or even affairs, then it's time to face the problems and find what you have lost.

I'm overwhelmed!

If life has stressed you beyond coping let us help you; take care of your needs, and forge a more capable, stronger, most effective you.

Why is this so hard?

If you've experienced any loss; through divorce, separation, death, disability, work or military obligations, there are ways to make the pain more bearable.

What is wrong with me?

If you no longer can function the way you once did; if you can't get out of bed; if you're in danger of losing a job, a partner, your family; if panic attacks and fear rule your life; if nothing feels right anymore; if you have pulled away from anyone who once mattered, call now and talk to someone.

To learn more about Via's family or Individual Counseling Services, please contact:

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Via of the Lehigh Valley is a non-profit agency that provides services for children and adults with developmental disabilities like cerebral palsy, Down syndrome, autism and intellectual disability. Via's mission is to provide leadership, support, opportunities and resources for people with disabilities so they may be independent, productive and enjoy full lives within the community.

The official registration and financial information of Via of the Lehigh Valley, Inc. may be obtained from the Pennsylvania Department of State by calling toll free, within Pennsylvania, 1 (800) 732-0999. Registration does not imply endorsement.



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