



OF LOWER MERION-NARBERTH

## **Counseling Agencies & Support Groups:**

### **Alzheimer's Association (Delaware Valley Chapter)**

399 Market St., Suite 102

Philadelphia, PA 19106

1-(800) 272-3900

<http://www.alz.org/delval/>

Services Provided: Information and support to persons with Alzheimer's disease and their families and caregivers, through support groups, training, and information.

Fees: None, except for a \$40 fee for the "Safe Return" program, which enables people in the community to assist someone with Alzheimer's who has wandered, by helping the person return home.

### **American Cancer Society**

(800) 227-2345

<http://www.cancer.org/treatment/supportprogramsservices/app/resource-search>

Services Provided: Advocacy, support groups, education, transportation, volunteers to help cancer patients and their families.

Fees: None.

### **American Day Treatment Centers**

479 Thomas Jones Way, Suite 800

Exton, PA 19341

(888) 227-3898

<http://www.mainlinehealth.org/DayTreatment>

Services Provided: Wellness and mental health programs for older adults and adolescents, specializing in depression and anxiety; support groups and counseling.

Fees: Yes. Medicare and insurance coverage accepted.

### The Arc Alliance

3075 Ridge Pike  
Eagleville, PA 19403  
(610) 265-4700

<http://www.thearcalliance.org/>

Services Provided: Early intervention; Advocacy; Support groups; Information.

Fees: Call for information.

### Catholic Social Services

353 E. Johnson Highway, Norristown, PA 19401  
(610) 279-7372

<http://www.catholicsocialservicesphilly.org/>

Services Provided: Case management; individual, marital, and family counseling.

Fees: None

### Central Montgomery County Mental Retardation Case Management Program

1100 Powell St.  
Norristown, PA 19401  
(610) 277-4600

<https://www.centralbh.org/seniorcare/>

Services Provided: Case management, adult day services, community employment, family support services, counseling for people with mental retardation.

Eligibility: Montgomery County residents who meet eligibility for MR services;

Senior Outreach: Montgomery County Resident age 62 or older.

Fees: Sliding Scale fees for some programs; Medicare accepted.

### Christian Counseling and Therapy Associates

86 W. Eagle Rd.  
Havertown, PA 19083  
(610) 853-9776

<http://www.christiancounselingtherapy.com/>

Services Provided: Individual, marriage, and family counseling; psychological evaluations; Information and referral.

Fees: Negotiable, Medicare accepted.

### City Line Aging Support Program (CLASP)

3801 Conshohocken Ave.  
Imperial Towers, Suite 123  
Philadelphia, PA 19131

(215) 878-2336

Services Provided: Counseling, case management, home health aides, adult day care, shopping van, chore service, meals, referrals and information.

Eligibility: Impoverished, frail, Jewish, age 65 or older, living in the vicinity of City Avenue and Overbrook Park areas.

Fees: Sliding scale fees.

### Compassionate Friends

132 E. Valley Forge Rd.

King of Prussia, PA 19406

(484) 919-0820

<http://www.tcfvalleyforge.org>

Services Provided: Self-help support group for bereaved parents.

Fees: None.

### Hearing Discovery Center

1515 South Lansdowne Ave.

Darby, PA 19023

(484) 534-2033

<http://www.scs-delco.org/about>

Services Provided: Assistive listening devices to be tried by individuals in their own homes; Counseling available for hearing impaired persons by volunteers who have also experienced hearing loss; No hearing aids.

Fees: None.

### Jewish Family and Children's Service of Greater Philadelphia

2100 Arch St., Suite 5

Philadelphia, PA 19103

(267) 256-2100

<http://www.jfcsphilly.org/>

Services Provided: Case management; Counseling; In-home care; Cleaning service; Information and referral.

Eligibility: Age 65 or older and living in the greater Philadelphia area.

Fees: Yes; Sliding scale fees.

### The Lincoln Center for Family and Youth

Administrative Headquarters

820 Adams Ave.

Audubon, PA 19403

(610) 277-3715

<http://www.thelincolncenter.com/indFamCom/individualServices.html>

Services Provided: Counseling for older people, their families and caregivers; crime prevention programs, and counseling for victims of crime.

Eligibility: Age 60 and older.

Fees: Insurance may cover; Sliding scale fees.

### Lower Merion Counseling

850 W Lancaster Ave

Bryn Mawr, PA 19010

(610) 520-1510

<http://www.rhd.org/Program.aspx?pid=76>

Services Provided: Treatment for full range of psychiatric problems, including drug and alcohol abuse; Group, family, couple, and individual therapy; Case management; Psychiatrists and Master-level therapists; Evening hours available.

Fees: Medicare, Medicaid, and other insurance accepted; Call for further information regarding fees.

### Montgomery County Association for the Blind

25 E. Marshall St.

Norristown, PA 19401

(215) 661-9800

<http://www.mcab.org/services.aspx>

Services Provided: Comprehensive social services, home rehabilitation training, advocacy, education, counseling, support groups, mobility instruction, limited transportation, recreational activities, technology training on special equipment for the blind and visually impaired. Volunteers welcome.

Eligibility: Blind and/or visual impairment.

Fees: None. Transportation donation requested.

### National Alliance for the Mentally Ill of Montgomery County

100 S. Keswick Ave

Glenside, PA 19038

(301) 949-5852

<http://www.nami.org/>

Services Provided: Information and referral for families of mentally ill persons; advocacy on issues related to mentally ill persons; support groups for persons with mental illness and their family members.

Fees: Free.

### Supportive Older Women's Network

4100 Main St, Ste. 200

Philadelphia, PA 19127

(215) 487-3000

<http://www.sown.org/>

Services Provided: Support groups for older women.

Eligibility: Must be a woman, age 60 or older.

Fees: None.

## Women's Resource Center

113 W. Wayne Ave.

Wayne, PA 19087

(610) 687-6391

<http://womensresourcecenter.net/>

Services Provided: Counseling services; Information and referrals; Legal consultation; Parenting seminars; Career services program; Educational workshops.

Fees: Contact for information.