

**Almaden Valley
Counseling
Services**
*Working to promote
emotional well
being*

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Family Friendly Services

Clinical Services

- Marital Relationships
- Parent/Child Relationships
- Divorce
- Grief
- Low Self-Esteem
- Social Isolation
- Anger
- Stress
- Changes in Behavior
- Depression
- Anxiety
- Peer Relations
- Family Violence
- Abuse
- Self-Mutilation
- Eating Disorders
- Life Transitions

Parent Education Program

- Positive Parenting Classes
- Cooperative Parenting & Divorce classes
- Parenting Coaching

We're in your neighborhood!

For over 39 years, Almaden Valley Counseling Service has been providing mental health counseling to members of our immediate community and surrounding areas. As a non-profit organization, we are committed to meeting the mental health concerns of all, regardless of income level. We offer a full range of counseling services to children, teens, adults, couples and families. Our mission is to support and promote personal growth, positive family relationships and emotional well-being.

Addressing the needs of Individuals, Couples, Parents and Families Counseling is provided for:

- Children
- Teens
- Individual Adults
- Couples
- Families

We recognize the challenge of **parenting** and our goal is to offer as many resources as possible. If a parent (s) feels individual counseling sessions would benefit their **child or the entire family**, we offer an opportunity to work one-on-one with a counselor in our family-friendly surroundings.

We work with **couples** to keep **relationships strong and thriving**.

We work with **older adults** during **life transitions** and dealing with change.

We provide short and long term counseling with appointments throughout the day and evening. The cost for services is based on a sliding scale. Fees are determined by your combined household income. Our lowest fee is comparable to most insurance companies co-pay, our highest fee is still well below what is charged by a licensed private therapist.

We're ready to serve you!!!!

Counseling sessions are booked as a weekly standing appointment. After receiving your call, we are usually able to schedule your first appointment within a week.

**Contact: AVCS @ 408-997-0200 or visit our website at
www.avcounseling.org**

AVCS counselors have a Master's degree in Counseling or Clinical Psychology and are pursuing their hours towards licensure as Marriage and Family Therapists. AVCS provides them with the required supervised clinical experience needed to complete the state mandated licensure requirements.