



Westbrook Youth & Family Services, Inc.

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About WYFS

Founded in September 2001, **Westbrook Youth and Family Services, Inc.** is a private not-for-profit agency committed to building stronger families and a healthier community by providing affordable mental health services and community programming for individuals, couples and families. The agency is funded through grants, private donations, community fundraising, fees for service and the town of Westbrook.

WYFS takes an active role in supporting the town of Westbrook by leading or participating in community initiatives and coordinating community giving programs, including:

- Westbrook Juvenile Review Board
- Local Prevention Council
- Youth and Family Forums
- Parent Education
- Seasonal Giving Programs
- School Supply Closet

For more information about any of these programs, visit **WYFS.org**



Building Stronger Families and a Healthier Community



WYFS.org

Phone: 860.399.9239

Fax: 860.399.7529

Mailing Address:

P.O. Box 918
Westbrook, CT 06498

Agency Location:

John P. Riggio Building
1163 Boston Post Road
Westbrook, CT

Counseling
Child & Family Programs
In-School Services

Westbrook Youth & Family Services, Inc.

Counseling Services

Westbrook Youth and Family Services provides affordable mental health services for:

- Individuals
- Families
- Couples

Our counselors help people working through life's challenges, including emotional and behavioral issues, life transitions, family conflict, chronic illness or disabilities, trauma, peer issues, stress, anxiety and depression.

The WYFS clinical staff is comprised of licensed, pre-licensed and intern therapists. Our focus is on identifying personal strengths and fostering meaningful change.

Fees: WYFS accepts Medicaid and some private insurance. We also offer a sliding scale fee. To schedule an appointment, please call **860.399.9239**.

In Westbrook Schools

WYFS, in collaboration with the Westbrook school system, offers support services in all Westbrook public schools. Teachers and staff refer students to WYFS In-School programs and counselors. Parents are welcome to contact WYFS directly for more information or to register their children.

WYFS counselors make meaningful connections with students through weekly small groups. Curricula is designed to enhance executive functioning skills including decision-making, emotional regulation and flexible thinking. Students build positive peer relationships, self-image and resiliency through fun group activities, games and crafts.

We also provide specialized school groups, including divorce support, EL student support, and leadership.

Counseling is available in school or at our agency. Our connection with faculty and students strengthens the relationship between home and school so that we all work together to achieve the best outcomes for students.

Programs

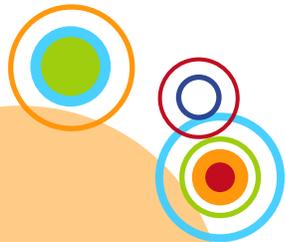
Whether you are a kid, adult or family, WYFS has something for everyone! Working closely with our community partners, we offer programs based on community needs and interests. Visit WYFS.org for the most current information about our programs which currently include:

- Globetrotters
- Parent Exchange
- Sand Castles
- Girl Code
- Relaxation Club
- Parent Substance Abuse Support and Education
- Stepping Up

Focus on Teens

With teens in mind, WYFS offers positive youth development and prevention programming. We collaborate with our community partners for new ways to support teens. Recent initiatives and ongoing programs include:

- Helping Hands
- CARE
- High School Life
- Mother-Daughter Night



For more information about WYFS programs and services, please visit WYFS.org

860.399.9239
WYFS.org