The Up Center’s caring counseling professionals can help people of all ages dealing with life’s challenges.

**Therapy Services for Individuals and Families**

**Family and Individual Counseling**

The Up Center’s professional staff provides thousands of hours of counseling every year to help individuals and families manage the stresses of life. Whether the challenge is depression, substance use disorder, anxiety, abuse, divorce, the loss of a loved one, or there’s just a need to talk, we can help.

**Parent-Child Interaction Therapy**

Parent-Child Interaction Therapy (PCIT) is an evidence-based, specialized behavior management program designed for families with young children experiencing behavioral and/or emotional difficulties. PCIT teaches caregivers to manage their child’s behaviors and increase their positive behaviors. A PCIT therapist works with the child and caregiver(s) together to improve overall behavior and reduce parenting stress.

**Peer Recovery Services**

**Peer Recovery Support**

Peer Recovery Support is community-based recovery support led by a certified Peer Recovery Specialist (PRS). Services include coaching and assistance and connections to resources for individuals challenged by substance use.

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We can assist you remotely. To schedule a face-to-face video therapy appointment, please call us at (757) 965-8622.

Please contact our Counseling Services Intake Coordinator
Tel (757) 965-8622

The Up Center has offices throughout South Hampton Roads, however, we are currently offering most Mental Health Counseling Services through face-to-face video chat only.

Please visit theupcenter.org for more information.

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Do you or someone you know need:

- Individual and Family Counseling
- Adult Anger Management Groups
- Art & Play Therapy for Children
- Marriage Counseling
- Behavioral or School-Related Services
The Up Center offers therapy and educational groups to assist families and individuals facing abuse or anger management issues.

Substance Use
The Up Center provides substance use group counseling to adolescents and adults focused on prevention, addiction and recovery. The goal is to reduce problematic use of substances through an educational counseling approach.

Anger Management & Batterers’ Intervention Groups
The Up Center’s Anger Management and Batterers’ Intervention Groups teach abusive partners to develop empathy for their victims and identify and interrupt negative self-talk that often precedes incidences of violence in order to prevent further abuse.

Seeking Safety Group
The Up Center’s Seeking Safety Groups provide research-based support for men and women who have experienced trauma, including those who have been abused, victimized by crime, or distressed by war or natural disasters. Participants learn positive coping skills.

Women’s Assertiveness Group
This 8-week class is free for women who want to learn to be more assertive in relationships. Sessions take place in Norfolk, Portsmouth and Suffolk.

Most services available remotely. To schedule an appointment, please call (757) 965-8622.