It is crucial to remind yourself that it is not a sign of weakness to seek support.

EMPOWER YOURSELF!

Rather, it is an act of strength and courage, motivated by a desire to live a rich and meaningful life with as much happiness as possible.

Employees will be provided short-term therapy for up to 12 sessions per household per contract year.

Free services and supports include Domestic Violence Victim Advocacy, Hispanic Bilingual Family, and LGBTQ+ Services for employees and qualifying members.





Healing centered services, promote resiliency for those who have experienced any of the wide array of life challenges- including but not limited to:

- Couple/relational conflicts
- Challenges in parent-child relationships
- Adolescent adjustment issues
- Adjustment following divorce or death
- Abuse of alcohol or drugs
- Communication breakdown
- Stress, depression, self-doubt, and relationship difficulties
- Concerns regarding aging parents
- Work related stress or challenges

This high-quality work is achieved through general therapeutic services and specialized trauma therapy, advocacy and/or care coordination services.

Family Counseling Service of the Finger Lakes, Inc

ONTARIO, WAYNE, MONROE, SENECA &YATES COUNTIES

Full Service Menu

Therapeutic Services include:

- Healing Centered Therapy
- Group Therapy
- Family Therapy
- Couples Therapy
- Child Sexual Abuse Treatment
- Trauma Therapy
- Employee & Employer Support Services
- School Based Therapy

Advocacy and Support Services include:

- 24/7 Domestic Violence Victim Hotline
  1-800-695-0390
- Domestic Violence Victim Services
- Hispanic Bilingual Family Services
- LGBTQ+ Services
- Care Coordination
- Mobile Integration Team (MIT)
- Infant Toddler Mental Health Consultation
- School Based Advocacy

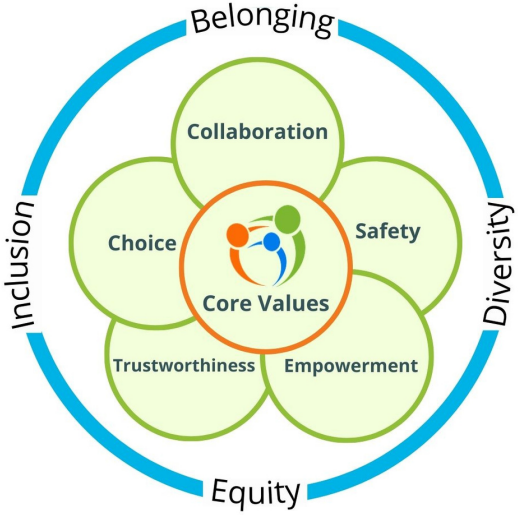
Therapeutic and Healing Centered Groups:
Explore our variety of options, including peer support and therapeutic groups at www.fcsfl.org/groups

Your Health. Your Voice. Your Choice.

Employee Support Services is designed to empower employees by offering confidential support when facing life's challenges, fostering individual growth and resilience.

Employees will be scheduled with a care coordinator who can:

- Support assessment of social emotional/ mental health needs
- Perform individual and family needs assessment
- Link employees with appropriate service(s)
- Help identify any additional supports and/or services which may be helpful
- Provide resources and referrals if needed



Employee Support Services are a free, confidential service provided by your employer. These services are available to employees, their dependents and their household members. Employers do not receive any identifying information about who uses this service.

LOCATIONS

Please identify your employer
when setting up your appointment!

Geneva Office
671 South Exchange St
Geneva, NY 14456
315-789-2613

Canandaigua Office
514 South Main St
Canandaigua, NY 14424
585-394-8220

Newark Office
165 E Union St 2nd Floor
Newark, NY 14513
315-331-8493

Victor Office
1331 E. Victor Rd
Victor, NY 14564
585-394-8220

Penn Yan Office
263 Lake St
Penn Yan, NY 14527
585-394-8220

Seneca Falls Office
60 Fall St
Seneca Falls, NY 13148
315-789-2613

Sodus Office
6629 Middle Rd Ste 2200
Sodus, NY 14551
315-331-8494

Rochester Office
572 Titus Ave
Rochester NY 14617
585-394-8820

*telehealth appointments available upon request

24/7 Domestic Violence Victim Crisis Hotline
24/7 Línea Directa de Crisis para Víctimas de Violencia Doméstica

1-800-695-0390

For more information, please visit our website
Para obtener más información, por favor visite nuestro sitio web
www.fcsfl.org

2024

Serving Ontario, Wayne, Monroe,
Seneca and Yates Counties

Family Counseling Service of the Finger Lakes

Employee Support Services



Help For Today. Hope For Tomorrow.