



What is Harbor Counseling?

It is a place where it's safe to ask the hard questions, where you can have fun, where you can find yourself, where you can learn how to face the things that bother you and then deal with them in ways that don't harm yourself or the people you care about.

Our staff of licensed and certified professionals has many decades of experience. Some of the services and programs we can provide to you at Harbor Counseling include:

- **Drug & Alcohol Assessments/Evaluations**
- **Counseling for substance abuse and mental health issues:**
 - Individual therapy
 - Group treatment (daytime and evening)
 - Family counseling
 - Marriage & couples counseling
- **Certified Recovery Specialist (CRS) services**
- **Court ordered DUI programs**
- **Prison services**
- **Probation required services**
- **Adolescent services**
- **Services for schools**
- **EAP and workplace programs**



Our facility is located just one mile from Wellsboro on Route 287 South, at the end of Nessmuk Lake.



HARBOR

COUNSELING

Helping you live life to the fullest

7095 Route 287
Wellsboro, PA 16901
phone: 570-724-5272
fax: 570-724-4512



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*Providing Quality
Substance Abuse and
Mental Health
Treatment Programs for
Tioga County and
Surrounding Areas*



www.harbor-counseling.org

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Hardships often prepare ordinary people for an extraordinary destiny - C.S. Lewis



Harbor (n.)
a place of
refuge, safety,
etc.; retreat;
shelter



Harbor Counseling

a place where
it's OK to be you,
and where you
can expect
honest answers
about how you
can become the
best person you
can be.

Harbor Counseling is a non-profit agency that provides treatment and prevention programs for adolescents and adults with problems related to alcohol or other drug abuse. Harbor Counseling is staffed by professionals who are dedicated to providing quality treatment for drug & alcohol and mental health issues.

The facility is licensed to provide outpatient, intensive outpatient (IOP), and partial hospitalization services. What does that mean? At Harbor Counseling, individuals participate in non-residential (you are not hospitalized or placed in residential treatment/rehab) programs that can include one-on-one, family, and group therapy, 12-step meetings, DUI services, educational/vocational awareness, communication skills improvement, interventions, and ways to help you avoid behaviors and situations that may result in problems for you.

Programs and treatment encourage abstinence from alcohol and other drugs. This variety of confidential treatment programs enables you to stay at home and stay employed, and keeps you actively involved in your own recovery.

In addition to drug & alcohol counseling, Harbor Counseling's licensed staff members treat mental health and emotional issues such as depression, anxiety, PTSD, ADHD, and also provide marriage and couples counseling.

At Harbor Counseling, the staff is committed to providing quality treatment and prevention programs for all who need them. There are several payment options available.



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