

### **Free or Sliding Scale Counseling/Therapy Referrals:**

#### **Community Counseling Service of Our Lady of the Lake**

590 N. General McMullen, Suite 3 San Antonio, TX 78228

Days/Hours: 8:00 - 8:00 Monday through Thursday; 8:30 - 3:30 Friday; 9:00 - 3:00 Saturday

Phone 1: 210-434-1054

A training facility for master and doctorate level students supervised by psychologists.

Counseling services: marriage and family, individual, biofeedback, anger management, family, abuse and violence.

#### **UTSA Community Family Life Center**

Durango Building—Room 3.304 501 W. Durango Blvd.

San Antonio, Texas 78207 (210) 458-2055

Individual, Couples, Family and Group Counseling provided free of charge to adults, children, couples and families. Relationship difficulties, personal concerns, marriage concerns, job uncertainty, stress eating or weight concerns, physical abuse, sexual abuse, school concerns, money concerns, feelings, thoughts, or behavior problems. We believe that change and growth is possible through personal reflection and support. Everyone has unique experiences and life concerns. Our goal is to listen and provide support and guidance. We value individual differences. We respect privacy.

#### **Family Life Center of St. Mary's University**

One Camino Santa Maria San Antonio, TX 78228-8527

Days/Hours: 9:00 - 9:00 weekdays; 9:00 - 1:00 Saturdays

Phone 1: 210-438-6410

Located on campus of St. Mary's University, the Family Life Center provides counseling/therapy for individuals, couples, and families dealing with a variety of issues. Common issues addressed include conflict within a marriage and other committed relationship, depression, anxiety, emotional/behavioral problems of children and adolescents, divorce adjustment, effects of violence (spouse, child, elderly parent), marital and family stress, pre-marital/relationship concerns, and job-related stress.

#### **Family Service Association of San Antonio, Inc.**

702 San Pedro San Antonio, TX 78212 (Main office- there are multiple sites)

8:00 - 8:00 Monday through Thursday; 8:30 - 5:00 Friday; 9:30 - 2:30 Saturday

Phone 1: 210-299-2400

In-home and office-based counseling services are provided by masters-degreed, state-licensed counselors. Areas of expertise include: individual and family counseling; issues with grief or loss, parenting, substance abuse, and school or work place problems; anger management; and healthy marriages. Also offer various Employee Assistance services and crisis management.

#### **Jewish Family Services**

(210) 302-6920 (ask for an intake worker)

12500 NW Military Hwy # 250

San Antonio, TX 78231-1871

Counseling is at the core of the services we provide as an agency. We offer individual, couples, family, and group therapies. We have a playroom and are able to treat children as young as 3 years old through play therapy. We also have the expertise to treat clients of all other ages, including seniors. Case management services are also available. Services are not faith-based and all religions are welcome.

#### **Ecumenical Center for Religion and Health**

Medical Center Office

8310 Ewing Halsell Drive

At the corner of Wurzbach

San Antonio, Texas 78229

281 & McCullough Office

403 Avenue E

On the campus of First Presbyterian Church

San Antonio, Texas 78205

Telephone: (210) 616-0885

Telephone: (210) 226-7593

Individuals, couples and families who use our services come with a variety of issues including loss and grief; depression; anxiety; marital conflict and dysfunction; marital and family communication difficulties; unresolved hurt, anger or bitterness; spiritual struggles; personal trauma; sexual concerns; relationship issues; unresolved guilt; professional stress or burnout; changes in the workplace; parenting and concerns about children's well-being. When our staff of caring professionals are unable to meet the needs of those who come to us for help, we try to help them discover other resources where their needs may be met. Our counselors are sensitive to the varying needs of those who come and are committed to respecting the variety or absence of faith traditions and practices.

**Rape Crisis Center:**

7500 US Hwy 90 West, Bldg 2 Suite 201

San Antonio Tx 78227

Office- 210-521-7273, Hotline-210-349-7273

Services provided to survivors of sexual assault at any stage in the person's life. Individual group, child and family counseling provided for as long as needed. Open to Women, Men, Children and their families.

**Family Violence Prevention Services: Counseling Services**

**210-733-8810**

Counseling Services provides long-term counseling to victims and survivors of domestic violence. Counseling is available, by appointment, for children, teens, and adults, in both English and Spanish and most services are free of charge. No insurance is needed to use our service. Our counselors include Licensed Professional Counselors, Master's Level Counselors, and graduate student interns.

**Family Violence Prevention Services: Community Based Counseling Services**

**One Haven for Hope, Bldg. 3,**

**210-220-2525**

FVPS's Community-Based Counseling Program (CBCP) provides individual professional counseling services by Master's level staff to residents of 13 San Antonio homeless shelters, to include the Haven for Hope campus. Services are provided on-site at each homeless shelter, and are available for both English and Spanish speaking clients. Services are free of charge.

**Walk-In Clinic - Community Counseling Service OLLU**

590 N. General McMullen, Suite 3 San Antonio, TX 78228

Days/Hours: 9:00 a.m. - 12:00 p.m. weekdays

Phone 1: 210-434-1054

Offers counseling services on a walk-in basis between the hours of 9:00 a.m. and 5:00 p.m. No appointment is necessary.

**Supporting Healthy Marriages**

Catholic Charities, Archdiocese of San Antonio, Inc.

1001 W. Durango St. San Antonio, TX 78207

Days/Hours: 8:00 - 5:00 weekdays, Phone 1: 210-377-1133

Promotes the benefits of a healthy marriage for low-income couples with children through marriage education and case management.

**Family Support Services and Home Visitation**

Healthy Families San Antonio

2100 W. Commerce San Antonio, TX 78207, Days/Hours: 8:00 - 5:00 weekdays

Phone 1: 210-424-5437 ext. 210

Offers home-based parenting and child development education designed to strengthen the family, enhance the parent-child bond and promote safe, healthy child development. Case management services available to participants and family members as needed.

### **New Connections Nurturing Program**

Antioch Community Transformation Network  
210-1 S. Grimes St., Suite 109 San Antonio, TX 78203  
9:00 - 5:00 weekdays

Phone 1: 210-212-2286 Phone 2: 888-212-2286

Helps parents and other caregivers build healthier and stronger bonds with their young children. Caregivers participate in a series of sessions that allow them to grow in a safe and enjoyable environment. The program offers effective discipline techniques that replace biting or yelling.

### **Precious Minds, New Connections - Baptist Child & Family Services**

7404 Old Hwy. 90 West San Antonio, TX 78227

Phone 1: 210-678-2008

Offers free parenting classes for parents with children ages birth to 4 years. The classes are based on the curriculum, "The Early Years," and are offered at various locations throughout Bexar County. Free child care and refreshments are provided.

### **Precious Minds, New Connections - S.A. Kids Exchange**

1418 San Pedro San Antonio, TX 78212

Days/Hours: Evenings, usually 6:30 - 8:00

Phone 1: 210-733-3349

Offers eight weekly sessions for parents of children from birth to age 6. Childcare is provided. Topics include Promoting Positive Behavior, Temper Tantrums and Anger, Brain Development, Supporting Development Birth to 6, and Child Communication. Additional classes are also offered by San Antonio Kids Exchange staff at other community locations.

### **Mission City Family Wellness Center**

8666 Huebner Rd, Ste. 100 78240

Phone: (210) 842-4544

Days/Hours: 9-6, Mon-Fri Saturdays – 9-2

In-home Counseling specializing in issues related to Anxiety / Depression, Family Counseling, Child Behavior Issues, and Marriage Counseling.

### **Methodist Healthcare Ministries -**

Wesley Health & Wellness Center

1406 Fitch Street. 78211

Phone: (210) 922-6922

1904 E. Houston Street, Suite 201, 78202

Phone: (210) 527-1505

Phone: (210) 527-1505

These Counseling and Support Services offered at MHM facilities are designed to help people who are uninsured, whose existing coverage does not provide mental health services benefits, are low-income and lack the money to pay for counseling services, or would not receive treatment any other way.

### **Baptist Children's and Family Services**

4105 W Piedras, Ste. 100 78228 (6 locations)

Phone: (210) 283-5183

Office and In-home counseling (on a case by case basis) for children ages 0-17 and families with children. Psychological and counseling services are available to individuals and groups who may not be eligible for services under other BCFS programs. Counselors work from a brief, solution-focused perspective, focusing on client strengths as a basis to develop practical solutions.

### **UMSCSA Dept of Psychiatry Psychotherapy Training Program**

7103 Floyd Curl 78229

Phone: (210) 567-5430, Mon-Fri, 8 am – 7 pm

Low cost individual, couples, and group psychotherapy specializing in treatment for depression, anxiety, relationship difficulties, grief processing, and stress management.