

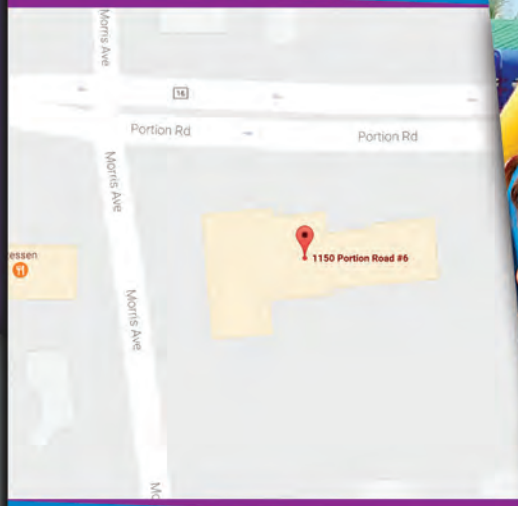
We focus on the whole person/family/community through mind, body and soul. We emphasize the need for support and to live a full and healthy life.

The Y does not only tackle the physical wellness but also the emotional wellness of the individual, family and community.

We provide both individual and group sessions. Groups are designed to address life areas that are touched by substances such as family relationships, social supports and interests, mental and emotional health, vocational and educational, and legal.



The Y provides individualized services to anyone who has been impacted by substance use. This includes those who are struggling with their use, misuse or abuse and/or those whose lives have been affected by someone else's use.



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YMCA FAMILY SERVICES



YMCA is dedicated to strengthening the foundations of the community. Across Long Island, we offer programs and services that focus on Healthy Living, Social Responsibility and youth development.

We provide services that promote healthy, sober living through the development of daily living skills and support systems.



PREVENTION SERVICES

- Anti-bullying programs
- Gambling & Heroin prevention workshops
- Too Good for Drugs - 10 Week program
- Too Good for Violence - 7 Week program
- Workshops on various topics available upon request.

YOUTH COUNSELING PROGRAM

- Individual Crisis Intervention
- Groups and Family Counseling
- Banana Splits Program
- Anxiety & Life Skills Workshops

* Youth counseling is free for individuals between the ages 6-21. Part of the Diversions program is funded by the Suffolk County Youth Bureau.

TREATMENT COUNSELING

- Individual Group & Family Counseling
- Youth counseling services
- DWI Track: For 1st Time offenders
- Modified Intensive Outpatient (IOP- AM&PM availability)
- Hispanic Track-Servicios disponibles en Espanol
- Women's Groups
- Comprehensive education series
- Anger and stress management groups
- Individual Counseling for persons affected by another's use
- Relapse Prevention
- Assistance with Community Resources



LICENSED BY OASAS

- Patients who qualify can apply for scholarships based on income
- Medicaid, medicare and most insurance accepted.
- All Aspects of the programs offered in English and Spanish

