

N O R F O L K  
COMMUNITY SERVICES  
B O A R D

**Olney Road Counseling Center**  
**225 West Olney Road**  
**Norfolk, Virginia 23510-1523**  
**(757) 823-1617**

Norfolk CSB, in partnership with Old Dominion University's Graduate Counseling Program, has established the Olney Road Counseling Center to provide affordable outpatient therapy services for Norfolk residents with mental health and/or co-occurring substance use problems. Services are offered to adults, adolescents, children and their families.

Typical issues might include:

- Adjustment Problems
- Anger Management
- Anxiety
- Depression
- Grieving and Loss
- Job Loss
- Parent-Child Conflicts
- Relationship Conflicts
- School and/or Studying Problems
- Self-Esteem Issues
- Short-term Substance Use
- Stress Management
- Time Management

### **Description of Services**

Services center on brief, solution-based interventions in order to help clients improve their quality of life. After an assessment of service needs, the individual will work with the counselor to develop therapy goals.

Clients may receive **individual** or **group counseling**, and various therapeutic and wellness groups are offered throughout the week. Family sessions will be available for children and adolescents enrolled in services.

### **Fees**

Fees for services are based on income, and Medicaid and other third-party insurances are accepted.

### **Hours**

**Monday-Friday:** 8:30 a.m.-5:00 p.m.

**Tuesday and Thursday:** 5:00 p.m.-7:30 p.m. *by appointment*

**Intake Walk-Ins:** Monday-Friday – 7:00-7:30 a.m.

### **Enrollment and Information**

Call 823-1617 for additional information and to schedule an assessment for services.