



Women's Resource Center

953 Second St., S.E.
Charlottesville, Va. 22902
434.293.2222



All of your feelings are acceptable. They need expression, not repression. FOCUS believes that everyone has the right to affordable counseling regardless of income or insurance. We accept Medicaid, Anthem, Magellan, Optima, and Aetna insurance plans. We are also a provider for ESI Employee Assistance Program. A sliding scale fee is available if you do not have insurance. Our counselors are trained to work with a wide range of mental health needs from life transitions to emotional difficulties such as depression and anxiety to relationship problems.

Intake Process

Counseling is available to individuals of all ages. A brief and confidential phone intake begins the process. A counselor will then call to arrange your first appointment usually within one week. There is no limit to the number of sessions except what is imposed by your health insurance.



Counseling

Our counselors come from different theoretical orientations. They can provide individual, couples, family, and marriage counseling. Every effort is made to accommodate each family member who wants counseling. When this is not possible we assist with referrals and work collaboratively with other counselors to ensure that family needs are met.



Workshops

Workshops on a variety of topics are offered during the year. Join us to learn more about assertiveness skills, anger management, acupuncture, acupressure and other health topics. Don't see a workshop for you? Have a topic you want to present? Call us. We want to hear your ideas.

Group Counseling

A variety of support groups are offered. Some are long-standing and offered several times throughout the year such as the Coed Divorce group. Others are available when enough people have signed up such as the Single Moms Network. Therapy groups for individuals with emotional problems



such as depression or anxiety may also be offered. Don't see a group for you? Call and let us know what you need. We are always planning new groups.

Internships

We are an approved internship site for the University of Virginia, Central Michigan University and the College of William and Mary. In addition, our International Visiting Scholar from the Republic of South Korea is learning about women's issues to help her country advance their policies and programs.



The Art of Women

We support the art talent of local women. Artists use our halls and rooms as galleries to display their works. Open Houses welcome the community to celebrate the richness of our local talent.