

# Mainstay

## Counseling Center

*Now Accepting New Clients!*

**At Mainstay, we enrich lives through person-centered support and inclusive community programs, unlocking the full potential of people with diverse abilities.**

Mainstay's Counseling Center is proud to offer mental health counseling, specializing in services for people with a wide array of needs including those with Intellectual Disabilities and Autism.

Our individual therapy services can be modified to meet the unique needs of each person. Accommodations can be provided to ensure the person will have the most supportive counseling experience.

The Counseling Center offers the flexibility of choosing how the person wants to receive counseling services:

- Modality: In-person counseling or teletherapy
- Frequency: Weekly, bi-weekly, or monthly
- EMDR therapy is now available!



### **Contact Us**

Tracy Clarke, LPC  
412-344-3640 x321 (Office)  
412-770-0200 (Cell)  
TClarke@MainstayLifeServices.org  
200 Roessler Road, Pittsburgh, PA 15220

### **Counseling Center Hours**

Monday: 9AM - 4PM  
Tuesday: 9AM - 4PM  
Wednesday: 11AM - 4PM  
Thursday: 12PM - 6PM  
Friday: 9AM - 4PM