

# Wellspring Counseling Center



Wellspring's thirty year commitment to mental health includes providing a broad spectrum of services to the surrounding community. The Wellspring Counseling Center offers outpatient services for children, adolescents and adults.

With two convenient locations Wellspring's outpatient services provide minimal disruption to your daily life. Choose between our Main Campus set in the rolling hills of Bethlehem, or our Middlebury location—less than one mile from exit 17 off I-84.

Providing therapies that address emotional and psychological issues such as: anxiety, depression and mood disorders, stress and adjustment issues, interpersonal relationships, school problems of adjustment and performance, attachment difficulties, and working through trauma and loss.

At Wellspring we are committed to helping individuals realize the **wellspring** of their being—working to find their unique giftedness and personality.

Our range of outpatient services include:

- Multidisciplinary diagnostic evaluation with social and psychiatric assessments
- Individual and Group Therapy
- Expressive Therapy
- Family Therapy
- Medication and Case Management
- Parent Guidance and Support
- Couples Therapy

**Wellspring's Main Campus**  
21 Arch Bridge Road, Bethlehem, CT

**Wellspring Counseling Center**  
850 Straits Turnpike, 2nd Floor, Middlebury, CT

[www.wellspring.org](http://www.wellspring.org)

For additional information or to schedule an initial interview please contact us at: 203-758-2296

Many insurance carriers reimburse Wellspring as network providers or by single case agreement.

# wellspring

Nurture • Educate • Heal