



Want to talk?

Getting help to get through difficult times is available now through Syracuse Community Connections.

Cost-free, confidential counseling services include:

- Individual, couple and family therapy
- Group counseling
- Trauma counseling
- Stress and anger management, coping skills

Offered on site at Syracuse Community Connections, 401 South Ave.

Weekday and evening appointments available.

No insurance co-pays or other payments required.

For more information, and to make an appointment, contact the Syracuse Community Connections main office at 315.671.5817.

Provided by Syracuse Community Connections and the Couple and Family Therapy Center, part of the Department of Marriage and Family Therapy at Syracuse University's Falk College.