

Counseling Services

We provide individual, couples, family and group counseling services to people of all ages depending on the unique needs of each child, teen, adult, family or senior. Please call (520) 795-0300 or email intake@jfcstucson.org for more information.

Our licensed, expert and compassionate therapists treat a variety of issues, including:

- Trauma & PTSD
- Depression & Anxiety
- Relationships/Marriage
- Domestic Violence
- Grief & Loss
- End of Life
- Eating Disorders
- Substance Use
- Conflict Resolution
- Child Behavioral Issues, related to home or school

Our therapists offer a variety of evidence-based treatments, such as EMDR, CBT, Somatic, Systemic Family Therapy, Parent/Child Relationship Therapy, DBT skills, play therapy, and Theraplay®.

JFCS is contracted with Cenpatico Integrated Healthcare to provide office-based counseling services to AHCCCS eligible children, adults and families. JFCS is a contracted provider for most major health insurance companies. In addition to these options through health plans, JFCS offers out-of-pocket payment options that may include sliding fee scale payments when the funds are available.

**We now have expanded evening & Saturday hours,
and convenient locations in greater Tucson & Oro Valley.**

JFCS therapists and other staff provide integrated behavioral health care and social services to people of all faiths, age groups and all economic backgrounds, regardless of their ability to pay. Visit our website for a full list of services.

