

## About Riverside Community Care

We make a difference in the lives of individuals, families, and communities through innovative and compassionate behavioral healthcare and human services.

A community-based non-profit organization serving more than 40,000 people a year in Massachusetts, Riverside Community Care offers a wide range of mental healthcare, developmental and brain injury services, early childhood and youth programs, addiction treatment, trauma response, and more. And our digital learning platforms extend our reach to more than one million people around the globe, providing tools for education, prevention, and crisis management.

Wherever you are, you can count on Riverside when you or someone you know needs help.



## Contact Information

### LYNNFIELD

Riverside Outpatient Center  
6 Kimball Lane, Suite 310  
781-246-2010

### MILFORD

Riverside Outpatient Center  
176 West Street  
508-529-7000

### NEWTON

Riverside Outpatient Center  
64 Eldredge Street  
617-969-4925

### NORWOOD

Riverside Outpatient Center  
190 Lenox Street  
781-769-8670

### SOMERVILLE

Riverside Outpatient Center  
117 Summer Street  
617-354-2275

# RIVERSIDE OUTPATIENT CENTERS



---

**Riverside Community Care®**

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

**Riverside Community Care**

Leading the Way in Behavioral Healthcare & Human Services



## Riverside Can Help

If you or someone you care about needs support with a difficult life situation, a mental health issue, or substance use, we are here to help. Our Outpatient Centers provide a range of mental health and addiction treatment for adults, adolescents, children and their families in a warm and accepting community environment. We work closely with each individual or family to develop a treatment approach that is client-centered and best meets their unique needs.

Our staff are skilled clinicians who focus on recovery and build on an individual's strengths and potential. All of our Outpatient Centers offer individual, group, and family counseling. We also provide treatment planning and consultation, medication prescribing and management, and access to a large network of community services and local resources – including 24/7 emergency services. Our counseling services can also help provide integrated care for individuals working with our Connect2Recovery case management and recovery coaching program. In every situation we offer personalized, effective strategies that promote healthy functioning at home, at work, at school, and in the community.



## Our Goal

Our goal is to help individuals get the mental healthcare and addiction treatment they need quickly and effectively. We provide locally based support for over 70 communities and assist in connecting people with long-term resources if needed. We also work collaboratively in these situations to connect individuals with other local agencies.

## Telehealth Services

Riverside offers telehealth services, which allow you and a Riverside clinician to meet in therapy or psychiatry appointments virtually. Sessions may utilize video-conferencing technology, which is secure and easy to use, or audio-only (telephone) appointments are also an option. There are many benefits to this type of therapy – such as easing scheduling, weather, or transportation issues. Assessment and treatment are similar to what's provided in an office, and results are comparable to in-person therapy. If you'd like to explore this option, just mention your interest when you call the center or meet with your therapist.



## Our Expertise

Each of our Outpatient Centers has a unique set of specialty skills and capabilities in many areas. Our areas of expertise include depression and anxiety, stress management, grief support, emotional and behavioral problems, Attention Deficit Disorder, trauma (such as domestic violence or post-traumatic stress disorder), managing a major mental illness, and eating disorders. At certain centers we also offer services and programs for hoarding disorders (Newton), Driver's Alcohol Education program (Lynnfield), and Yoga Cognitive Behavior Therapy (Norwood & Milford).

Additionally, all of our centers have clinicians who have received additional training in substance use and co-occurring mental illness and addiction. We offer ongoing individual and group counseling and medication treatment for people who are in our Connect2Recovery program, so that they may continue their journey to wellness.

We accept a broad array of public and private insurance.

*"Whether I'm laughing or crying, when I leave I always feel better about myself."*