

NON-PROFIT #2 pg1

Required content below:

- **1 headline** (3-5 words)
- **Subheadline** (10-15 words)
- **Logo** (.jpg at 300+ dpi resolution, .eps, or .ai file)
- **Contact Info**
- **Photo/Graphic/Art Direction**
Supplied or an idea of what the client is looking for.



RECLAIM YOUR LIFE FROM ADDICTION

Are you or anyone you
know struggling with
substance misuse?

Get help today with the
YMCA's Counseling Service.
See all of our program
offerings inside.



YMCA OF GREATER
NEW YORK
Where there's a Y,
there's a way.

ymcanyc.org/counseling

WHO WE ARE

The YMCA Counseling Service is a comprehensive outpatient chemical dependency program providing prevention, treatment and recovery services to children, adolescents, adults and their families.

During this time, as a means of ensuring everyone's health and wellness, we are offering both in-person and virtual services. For more information, or to schedule an assessment, please contact either of our convenient locations.

OUR SERVICES

- ◇ Assessment & Referral Services
- ◇ Individual Counseling
- ◇ Group Counseling
- ◇ Family Therapy
- ◇ Psychiatric Services
- ◇ Addiction Medicine Management
- ◇ Peer Counseling
- ◇ Little Steps Program For Youth Impacted by a Loved One's Substance Misuse
- ◇ Prevention Programming
- ◇ Family Association
- ◇ Specialized Group Meetings

DID YOU KNOW?

The YMCA Counseling Service is an Opioid Overdose Prevention Program and is able to train anyone in Narcan administration and provide them with a kit free of charge. Narcan is a safe medication that can reverse the effects of opioids and prevent fatal overdose.

YMCA COUNSELING SERVICE

South Shore Center

3911 Richmond Avenue
Staten Island, New York 10312
(718) 948-3232

North Shore Center

285 Vanderbilt Avenue
Staten Island, New York 10304
(718) 981-4382



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Required content below:

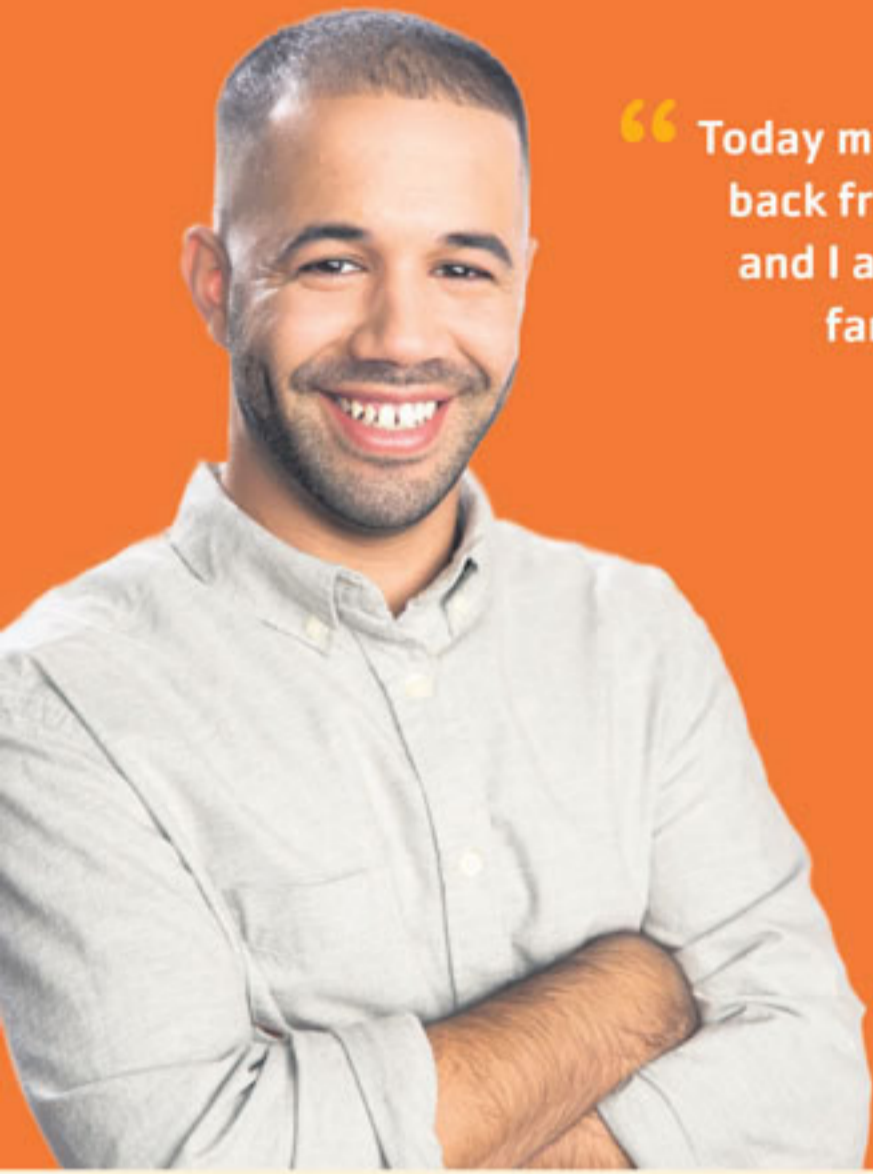
- **1-3 headlines** (2-5 words)
- **Paragraph(s)** (50-75 words)
- **Logo** (.jpg at 300+ dpi resolution, .eps, or .ai file)
- **Contact Info** (20-30 words)

“ I was sick and tired of being sick and tired. It wasn't easy, but when I came to the Y for help, went to my meetings, and met with my counselor, I stuck with it. I realized I was better than my addiction. I deserved more. I had hope and realized I wasn't alone. I've been sober for eight years and feel so much better about my life. ”

– Chris, YMCA client

“ I can't even begin to fully express the gratitude I have for the YMCA. I went from a confused, scared, shell of a person to an assertive, independent, beautiful woman and today I am truly proud of the person I have become. ”

– Lynn, YMCA client



“ Today my life has completely turned around. I have gained trust back from my family, I have a good job in a safe environment, and I am surrounded by people who care — all thanks to the family I found here at the YMCA Counseling Service. ”

– Sam, YMCA client

“ Do not be afraid to ask for help, don't fear change, and trust the process, because it works. A life on drugs is no life at all and we all deserve so much more. We have the right to be happy and healthy and have a good life. Believe in yourself and take back control. ”

– Lisa, YMCA client

KEVIN'S STORY

Overcoming Obstacles & Celebrating Sobriety

“When I was in college I wanted to be a police officer, but I have an eye condition that prevented me from doing that. I started to become a little rebellious, started going to parties, and started selling drugs. I also started using drugs and eventually dropped out of school.

After seven years of this, I was arrested during a drug raid. Once I got arrested, that was basically my rock bottom. After spending a week away, I was directed to the YMCA Counseling Service through the court system. Honestly, when I first joined the program I hated every bit of it. I thought no one knew what I was really going through.

It came to a head one day when I was consistently testing positive each time I went to the Counseling Service. After that, I took one step forward and started actually working the program. I started listening to my counselor and it just started to work out. Every day I got sober, life got better. I learned so many different things from the program.

Although I was sober, I still had to go away for eight months. On the one-year anniversary of my sobriety, I started my sentence. I was able to get released in March because of the coronavirus pandemic. Once I was out, I came straight back to the YMCA Counseling Service. They took me back with open arms.

When the pandemic began, I was worried because I had planned on immediately starting in-person counseling again once I came home, but the Y worked around it pretty well with their virtual services. The virtual services work because people have to have something to turn to, even if it's just a video chat. Treatment isn't something you can just quit, and the Y stepped up and did their thing.

Since I've been back home, I've gotten a full-time job and started helping my family again. They trust me again. I never would've achieved two years of sobriety without the Y. The program saved my life.

Eventually I would love to work at the Y. I plan on going back to school to become a counselor, and I wouldn't have been inspired to do that if I hadn't had such a great counselor myself.

The main thing I tell people in active addiction is to join an Intensive Outpatient Program because the counselors will gauge what you need. That's what worked best for me. I think it's a good first step because it introduces you to Narcotics Anonymous, Alcoholics Anonymous, and a community of people also trying to get help. And always listen to your counselor, because if you're not listening, you're not working.”



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Required content below:

TOP HALF

- **Testimonials** (50-75 words per testimonial)
- **Photo/Graphic/Art Direction**
Supplied or an idea of what the client is looking for.

BOTTOM HALF

- **1 headline** (10-15 words)
- **Photo/Graphic/Art Direction**
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- **Body Copy** (250-300 words)
- **Logo** (.jpg at 300+ dpi resolution, .eps, or .ai file)
- **Contact Info** (20-30 words)



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