



The Counseling Center of the North Shore is a private, nonprofit mental health center in Winnetka that was founded in 1893. What began as a project for distributing food and clothing to needy families has evolved into an agency whose staff facilitate personal growth, help alleviate emotional pain and assist individuals and families in managing the challenges of modern life.

They have affordable fees and accept many insurance plans.* Their mission is, "Helping people through life's challenges and transitions by providing counseling, therapy, and community education". Their Vision is, "To be the primary resource that community members access to achieve emotional well-being".

*Variable fee structure available.

Currently in network for: BCBS PPO, Cigna PPO, United Healthcare PPO (Optum), and Medicare. They also gladly accept out-of-network plans.

TYPES OF SERVICES

- Child, Adolescent & Adult Counseling and Therapy
- Couples and Family Counseling and Therapy
- Group Therapy
- Parent Support
- Community Education

The efforts of Counseling Center of the North Shore are supported by the profits of The Winnetka Thrift Shop. The shop features exciting, quality merchandise including designer label garments at great prices. They gladly accept donations.

The WCC Woman's Society Benevolence Committee has been supporting The Counseling Center of the North Shore for over 100 years!

For more information, the link to The Counseling Center of the North Shore is:

<http://www.ccns.org/>

