

Counseling & Therapy

NSSC offers counseling and therapy to older adults and their families, individually and in groups. Supportive and interactive strategies help people improve overall daily function and quality of life.

Our expert counselors use a goal-oriented approach geared towards the aging experience

Counselors can help with:

- Anxiety and stress
- Depression
- Isolation and loneliness
- Difficult relationships
- Grief and loss
- Adjusting to life changes
- Coping with illness
- Caregiver stress

847.424.5672
info@northshoresenioroptions.org
161 Northfield Road
Northfield, IL 60093

Services are typically covered by insurance

- Offered for individuals 55 and older
- Medicare and self-pay options are accepted
- Services are provided by experienced licensed clinical social workers
- Short- and long-term therapy is available
- Appointments can be made at NSSC's Northfield and Niles locations, or virtually via telehealth

www.nssc.org