Family Counseling of Columbus
Overview Flyer

Counseling Services

Individual, couple, and family counseling services are offered to address the distress and impairment that may result when someone is overwhelmed by life adjustment issues; relationship problems; mental illness; emotional and behavioral challenges; or traumatic crises that interfere with an ability to cope, solve problems, and function at a usual or desired level.

Agency counselors do not offer substance abuse, sexual offender, neurodevelopmental disorder, or eating disorder treatment. Also, our counselors do not provide psychological testing.

Hours of Operation: Mondays and Wednesdays from 8:00 a.m.-6:00 p.m.; Tuesdays and Thursdays from 9:00 a.m.-7:00 p.m.; and Fridays from 8:00 a.m.-12:00 p.m. To schedule an intake session, please call 706-327-3238.

Fee Information: Payment options include insurance coverage or self-pay. The initial appointment is a 2-hour intake session and costs $25.00. Counseling sessions last approximately 50 minutes, and the fee is $75.00. For clients with financial hardship, the fee will be based on the Agency's sliding-fee scale.

Parenting Skills Program

Program Description: The Parenting Skills Program is a 6-week closed, psychoeducational group that uses a structured curriculum. The group is designed to help families gain insight and education on parenting concerns.

Target Population: The group is open to any parent or guardian ages 18 and above who want to learn how to parent more effectively. The group also accommodates parents referred by social services and/or the legal system in order to meet mandated requirements.

Schedule: Group sessions are held Wednesdays from 11:30 a.m.-1:00 p.m.., at 1350 15th Avenue, Columbus, GA, at The Family Center of Columbus office.

Fee Information: The cost is based on household income and set according to a sliding fee scale. The intake fee is $15.00, and the weekly group fee ranges from $15.00-$45.00 per week.

Registration Information: Parents must register and complete an intake session before attending the group. Please call 706-327-3238 to register.

Anger Management Program

Program Description: The Anger Management Program is a 6-week closed group geared toward providing individuals with the tools and skills necessary to manage their emotions. Specifically, this group is designed to aid participants in developing healthy, constructive, and non-violent ways of expressing anger. This group, both educational and interactive, allows members to become a part of a group of people who can directly relate to their experiences and challenges.

Target Population: The group is open to any individual, 18 and above, who desires to improve his or her anger management coping skills. The group also accommodates individuals referred by social services, child protective agencies, or the legal system in order to meet mandated requirements.

Schedule: Group sessions are held every Thursday from 5:30 p.m.-7:00 p.m., at 1350 15th Avenue, Columbus, GA, at The Family Center of Columbus office.

Fee Information: The cost is based on household income and set according to a sliding fee scale. The intake fee is $15.00, and the weekly group fee ranges from $15.00-$45.00 per week.

Registration Information: Participants must register and complete an intake session before attending the group. Please call 706-327-3238 to register and schedule an intake session.

RallyPoint - Veteran's Support Program

Program Description: Rally Point - Veteran's Support Program is an 8-week closed, interactive and psychoeducational group. It is designed to help Veterans learn coping skills and improve management of symptoms associated with PTSD and TBI such as anger, avoidance and emotional numbing. Group members will also have an opportunity to participate in Game Day for Heroes and Heroes to Heroes. Some Veteran's may qualify for individual counseling services.

Target Population: The group is open to all Military Veterans who served during combat and are having difficulty with re-adjusting and transitioning back to civilian life.

Schedule: Group sessions are held every Tuesday from 11:00 a.m.-12:30 p.m., at 1350 15th Avenue, Columbus, GA, at The Family Center of Columbus office. Individual sessions are limited and can be scheduled Monday-Thursday according to counselor availability.

Fee Information: Group and Individual services are FREE with proof of military service.

Registration Information: Veterans must register and complete an intake session before attending the group. Proof of prior military service is required. Please call 706-327-3238 to register and schedule an intake session.

Transparenting Seminar

Program Description: Divorce or other significant changes in a family affect children in ways parents do not often foresee. This seminar is designed to educate and assist parents in helping their children navigate successfully through the divorce process. Topics such as loss and grief; avoiding problems inherent in the divorcing process; effective ways to co-parent; how developmental stages may impact children's reactions; and other relevant issues are addressed. There is ample time for parents to interact, ask questions, and participate fully in the seminar.

Target Population: The seminar satisfies Georgia and Alabama state requirements for divorcing parents with children under 18. The seminar also accommodates parents seeking legitimation and resolution of custody changes. Parents may voluntarily attend.

Schedule: Seminars are held once a month on the fourth Thursday from 5:00 p.m.-9:00 p.m., at 1350 15th Avenue, Columbus, GA, at The Family Center of Columbus office. Check-in is at 4:30 p.m. Late arrivals are not admitted. Children are not permitted.

Fee Information: The cost is $40.00 per person. Couples may attend together, if desired.

Registration Information: Parents must register before attending, as seminar class size is limited. Please call 706-327-3238 to register. Please bring case filing number to the seminar.