

Our Purpose

The Up Center offers counseling to help kids, teens, adults, and families face life's challenges. Our trained therapists use proven methods in a safe and caring environment.

Our Commitment

Trauma-informed care

We understand how past trauma affects people. We create a safe place to begin healing.

Proven methods

We use trusted techniques to help you make real, lasting changes.

Your privacy matters

Your story stays private. We keep your information safe and confidential.

- We Offer In-Person and Telehealth Appointments
- We Accept Most Insurance Plans
- Sliding Scale Fees Available

theUPcenter
SINCE 1883

Schedule today!

(757) 965-8623

Call or
register online

theupcenter.org/ocs



★ Outpatient Services offered at the following locations!

The Up Center

580 E. Main Street, Ste 400 | Norfolk 23510

★ 222 W 19th Street | Norfolk 23517

★ 109.5 Clay Street | Suffolk 23434

www.theUPcenter.org



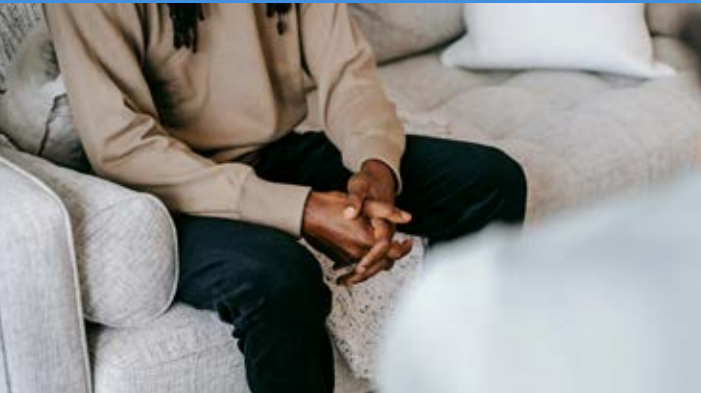
The Up Center is a 501(c)(3) nonprofit organization.



Outpatient Counseling Services

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Service



Our caring counseling professionals can help people of all ages deal with life's challenges both in-person and virtually.

Individual and Family Counseling

Our team provides thousands of hours of services annually for ages 4+ to help with things like stress, depression, anxiety, grief, and major life changes.

Relationship Counseling

Support for couples to grow stronger, communicate better, and overcome problems.

Peer Recovery Support

Facing substance use or mental health challenges? Get help from people who've been through similar challenges with addiction or mental health.

Support

Therapeutic Educational Groups

Find support and healing in our virtual and in-person group therapy. Connect with others, discover you're not alone, and empower your journey through shared experiences and proven methods.

Substance Use

Group and individual support for youth and adults, including court-approved programs.

Anger Management (AM) & Promoting Positive Partnerships (PPP)

Learn to handle emotions, solve problems, and build safe, respectful relationships.

For Children's Sake

A 4-hour class to help parents work together after separation or divorce.

New Visions

Community-based substance use prevention with weekly family & individual treatment empowering youth to thrive.



Care

Child-centered Care

Our youth counselors focus on children's feelings, challenges, and growth. Our team provides a safe place to talk, learn coping skills, and build confidence.

Art & Play Therapy

Through creative expression, our therapists help children with emotional, cognitive, and behavioral challenges.

Trauma-informed Care

We provide safe, supportive care assisting trauma survivors to heal and recover through trust and personalized approaches.

Eye Movement Desensitization and Reprocessing (EMDR)

A therapy using eye movements to help with trauma and upsetting memories.

Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)

A short-term therapy to help youth and their caregivers heal after trauma and learn coping skills.

Dialectical Behavior Therapy (DBT)

Helps people manage overwhelming emotions and improve relationships.