

Family Counseling Associates
fully supports the
Independent Private Practices
of Seasoned, Experienced
Psychologists and Social Workers



Located in the Northtowns of Buffalo
near the Boulevard Mall with easy
access from the Niagara Falls and
Colvin-Eggert exits of the I-290

**Mental/Emotional/Behavioral
Health Care Providers in
Independent Private Practice**

Jeff Roach, PhD (director)

Renee Baskin, PhD

Donna Bingham, LCSW-R

Charles Chrystal, PhD

Danielle Figura, LCSW-R

Jolie Giardino, LCSW-R

Dan Godfrey, LCSW-R

Susan Klein, PhD

Elaine Koeppel, LCSW-R

Patti Merritt, LCSW-R

Kris Moskal, LCSW-R

Mark O'Brien, LCSW-R

Charles Pierson, PhD

Betsy Richards, LCSW-R

Carolann Schwartz, LCSW-R

John Shear, LCSW-R

Amy Shuman, PhD

Reed Stewart, LCSW-R

Alease Watson, LCSW-R

Gail Wooding, LCSW-R

Family Counseling Associates

884 Brighton Road

Tonawanda, New York 14150

716-836-9460

Visit Us at

www.FamilyCounselingWNY.com

Family Counseling Associates



**Specializing in the Treatment of
Children, Adolescents, Adults
and their Families**

FCA Providers

"We Treat You Well"

Get to Know our Providers by
Visiting their Profiles at
www.FamilyCounselingWNY.com



FCA's providers are dedicated
to helping their clients live
healthier, more functional lives by

reducing symptoms, promoting coping skills,
improving relationships, reducing isolation,
and increasing effectiveness to replace
helplessness and hopelessness.

FCA providers help you and your family
in a safe, friendly, supportive,
Counseling Center setting.



We Treat

**Children, Adolescents, and Adults
(all ages)**

Individuals, Couples, Families

**Clients who suffer from
Anxiety, Depression, Trauma, Grief,
Anger, Avoidance, Isolation,
Distraction, Poor Concentration,
Sleep Disturbance, Mood Disorders,
and more**

**Most Insurances Accepted by
FCA Providers**

**Please call us at (716) 836-9460
and follow prompts for new or
returning patients**

FCA Services

Individual Psychotherapy
Couples Therapy/ Family Psychotherapy
Crisis Counseling/Grief Counseling
Stress Management/ Anger Management
Adjustment to Chronic Health Problems
Evaluation and Treatment of ADHD



We Utilize

Evidence Based Treatments
Brief /Solution Focused Therapy
Cognitive Behavioral Therapy
Dialectical Behavioral Therapy
Trauma Informed Therapy/ EMDR
Psychodynamic Psychotherapy
Interpersonal Psychotherapy
Object Relations/ Integrative Therapies
Gestalt Therapy/ Mindfulness
Psychological Evals/ Psychoeducation