

# Counseling Centers (Porter/Lake Co)

## **ASPIRE COUNSELING**

219-286-7043  
2803 Boilermaker Court #1C  
Valparaiso, IN 46383  
Individual, couple, family therapy  
EMDR, DBT, EFT, brainspotting, hypnosis,  
addiction, trauma-informed care, LGBTQ+  
Accepts most private insurance and Medicaid  
Telehealth available

## **BEHAVIOR SPECIALISTS OF INDIANA**

219-462-6705  
2101 Comeford Road  
Valparaiso, IN 46383  
Individual/family therapy (specializing in ASD,  
developmental disabilities, anxiety, attention  
deficits, and conduct disorders)  
ABA, music therapy, First Steps (toddlers)

## **BRIGHT PATH SUPPORT SERVICES**

219-796-0518  
6111 Harrison Street Suite 314  
Merrillville, IN 46410  
Individual/family/couples counseling, ages 5-75  
Parenting education, substance abuse services  
Accepts Medicaid and Anthem/BCBS

## **CARE COUNSELING**

219-759-6760  
793 Juniper Road, Ste 2  
Valparaiso, IN 46385  
IOP, individual/family counseling  
Addiction-focused  
AA/NA meetings, specialty care for Adult  
Children of Alcoholics (ACOA), education and  
relapse prevention for substance use  
Accepts private insurance and Medicaid

## **CENTER FOR CHRISTIAN COUNSELING**

219-465-1991  
204 E Lincolnway  
Valparaiso, IN 46383  
Crisis counseling, individual/couple/family  
therapy  
Sliding fee scale

## **CENTER FOR LIFESTYLE CHANGE**

219-202-4673  
684 Valley Drive  
Valparaiso, IN 46383  
Individual/couple/family therapy  
Play therapy, hypnosis  
Accepts most private insurance

## **CHANGE THERAPY**

219-286-6482  
954 Eastport Centre Suite B  
Valparaiso, IN 46383  
IOP, individual/family therapy (adolescents)  
DBT, EMDR, TF-CBT, addiction

## **CHOICES COUNSELING SERVICES**

219-548-8727  
607 E Lincolnway  
Valparaiso, IN 46383  
Individual/couple/family  
EMDR, grief, co-parenting counseling +  
therapeutically supervised visitation, forensic  
interviewing, addiction services  
Telehealth available

## **DUNELAND COUNSELING**

219-921-0705  
215 W. Indiana Avenue  
Chesterton, IN 46304  
Individual/family/couple therapy  
Accepts private insurance only  
Telehealth available

## **INNER AWARENESS COUNSELING**

219-488-1824  
2051 W US HWY 30  
Valparaiso, IN 46385  
Individual/couple/family therapy  
EMDR, DBT  
Accepts private insurance/sliding fee scale

## **INTREATMENT**

219-390-3344  
5 Lincolnway, Ste 5  
Valparaiso, IN 46383  
Individual/couples/family therapy  
CBT, play therapy, addiction treatment  
Accepts most private insurance and Medicaid

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## **INNOVATIVE COUNSELING SOLUTIONS**

219-898-4582  
8 Morgan Blvd  
Valparaiso, IN 46383  
EMDR, CBT  
Cannot serve clients involved with DCS  
Accepts most private insurance  
Telehealth available

## **LAWRENCE PINCUS AND ASSOCIATES (LPA)**

219-252-5464  
2005 Valparaiso, IN, STE 209  
Valparaiso, IN 46383 (office in Michigan City also)  
Individual/family/couple therapy, divorce mediation, supervised visitation, addiction education  
TF-CBT, DBT  
Accepts most private insurance, Medicaid, and offers free services if seen by an intern

## **LIFE STRATEGIES**

219-359-3272  
442 Sand Creek Dr N, #101  
Chesterton, IN 46304 (office in Schererville also)  
ABA individual therapy, family/marriage therapy  
Accepts most private insurance and Medicaid

## **LOTUS WELLNESS COLLECTIVE**

219-940-5725  
150 W Lincolnway, Ste 3003  
Valparaiso, IN 46383  
Individual/couple/family therapy  
Only accepts Anthem and BCBS  
Telehealth available

## **MIND STATES**

219-228-7569  
409 E Lincolnway, Ste 2  
Valparaiso, IN 46383  
Individual/family therapy  
EMDR, biofeedback, neurofeedback  
Accepts most private insurance

## **PARKS ASSOCIATES PSYCHOLOGICAL SERVICES**

219-779-7944  
6337 Central Ave.  
Portage, IN 46368  
Individual/couple/family therapy  
Custody/visitation evaluations, supervised visitation  
Accepts most private insurance and Medicaid

## **PILLARS OF WELLNESS**

219-615-6026  
2801 Bertholet Boulevard, Ste 301  
Valparaiso, IN 46383  
Individual (toddlers, adolescents only) and family therapy  
Accepts most private insurance and Medicaid  
Telehealth available

## **PINK FREUD'S COUCH**

219-380-0891  
850 Marsh Street, Suite D, 2nd Floor  
Valparaiso, IN 46385  
Individual/couple/family therapy  
LGBTQ+  
Does not accept private insurance, but offers low fees/can provide paperwork to submit to insurance  
Telehealth available, currently waitlisted

## **PLACEK COUNSELING**

219-898-4285  
1704 Calumet Avenue  
Valparaiso, IN 46383  
Individual, couple, family therapy  
DBT, trauma-focused  
Accepts most private insurance/sliding fee scale

## **POINT TO POINT COUNSELING**

219-334-2854  
105 N. Washington St.  
Valparaiso, IN 46383  
Individual/couple/family therapy (Christian)  
Accepts most private insurance  
Telehealth available

# Counseling Centers (Porter/Lake Co)

## **PSYCHIATRIC, HEALTH AND WELLNESS**

219-395-9500

119 Broadway, Suite 101

Chesterton, IN 46304

Psychiatric and psychological evaluations, psychiatry/medication management, health and wellness experts, individual/family therapy, EMDR, DBT, CBT

Only accepts Anthem BCBS

Telehealth available

## **RESTORING HOPE TELEHEALTH**

219-801-6453

Individual/couple/family therapy

DBT, CBT, trauma-informed care,

Accepts most private insurance

Telehealth Only

## **RUBY SLIPPERS COUNSELING**

219-961-3973

601 Lincolnway, Ste 2W

Valparaiso, IN 46383

Individual/family therapy

Play therapy, trauma-focused

Only accepts Anthem, BCBS, Compsych

## **SANKOFA COUNSELING**

219-472-5110

402 Wall Street, Ste 53

Valparaiso, IN 46383

Individual/family therapy (all ages)

Art therapy, trauma-focused, EMDR, LGBTQ+ allied, veterans

Accepts most private insurance

## **SILHAVY PLACE**

219-464-1234

505 Silhavy Road, Ste 100

Valparaiso, IN 46383

Individual therapy, family therapy

EMDR

Accepts most private insurance and

Medicare/sliding fee scale

Telehealth available

## **VALPARAISO PSYCHOTHERAPY ASSOCIATES**

219-641-3027

253 Indiana Avenue, 1st Floor Rear

Valparaiso, IN 46383

Individual/couple/family therapy

RRT, DBT

Accepts most private insurance

## **YOUR LIFE SOLUTIONS**

219-250-2157

1496 Pope Court, Ste 2

Chesterton, IN 46304

Family/marriage counseling, Bright Light

Therapy (for SAD), grief therapy, LGBTQ+ group

therapy (transgender teens, adults, families of transgender individuals)