

# Counseling Centers (Porter/Lake Co)

## CENTER FOR LIFESTYLE CHANGE

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

## INTREATMENT

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

## LIVE, BREATHE, AND PLAY THERAPY

219-224-3421  
502 Wall Street  
Valparaiso, IN 46383  
**Play therapy**, DBT, TF-CBT for children

## 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

## YC THERAPY SERVICES

219-286-3907 (Valparaiso)  
1150 Eastporte Centre Dr  
Valparaiso, IN 46383  
\*also has an office in Crown Point  
Individual counseling (all ages)  
**Play therapy**, parenting and co-parenting, child  
behavioral issues  
Accepts insurance, Medicaid, EAPs  
Sliding fee scale