



Pediatric Associates of Alexandria

INOVA HEALTHPLEX
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POTOMAC YARD
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ARLINGTON, VIRGINIA 22202

P. 703-924-2100 F. 703-922-6067
WWW.PEDSALEX.COM

Counseling resources:

George Mason University Center for Psychological Services: (703) 993-1370

Child and Family Associates: (703) 533-3930

Mindwell: (703) 378-7998

Alexandria Place Therapy: (703) 963-4261

Counseling of Alexandria: (703) 650-9195

Crescent Counseling: (571) 414-9645

Thriveworks (online only): (571) 621-7741

Active & Connected Family Therapy: (434) 202-4080

Alive! Rehab & Counseling LLC: (703) 646-8806

Dr. Goldberg & Associates: (703) 935-0058

Harmony Psychotherapy Center: (703) 583-7504

Sarah Briggs & Associates: (571) 999-4251

Seven Corners Psychotherapy: (703) 665-6363

Backpack Healthcare (online only): 866-968-6342

Behavior Therapy Center of Greater Washington (OCD, CBT): (301)593-4040

The Center for Anxiety and Behavioral Change: (703) 908-1020

River Grove Therapy: (301) 941-7086

Meister Psychology Group (anxiety, ADHD, phobias) hannah@meisterpsychologygroup.com: (202) 370-1899

Therapists who accept HealthKeepers Plus Medicaid: (Also all Community Service Boards)

www.hellobackpack.com (online only)

www.walstonhealthservices.org

www.healthymindstherapy.blog

www.chaostoclaritycounseling.com

www.safeharborbc.com

www.aboutfacellc.com

www.kingstowneinternalmedicine.com

This is a list of providers we commonly recommend; some take insurance, and some do not.

Please also see: psychologytoday.com or check with your insurance company.

PAA is not affiliated with these businesses and does not receive financial benefit for recommending patients to these practices.

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Hazel.co (online only): have contracted with several local school districts to provide free therapy for students:

Alexandria: <https://www.acps.k12.va.us/families/hazel-health>

Arlington (high school only): <https://www.apsva.us/mental-health/virtual-therapy-with-hazel-health/>

Fairfax (high school only): <https://www.fcps.edu/teletherapy>

PG County, MD: <https://getstarted.hazel.co/district/pgcps>

Specialty Mental/Behavioral Health Resources

Group Therapy:

The Wise Family: www.thewisefamily.com/services/group-therapy/

Alexandria Place Therapy: www.alexandriaplacetherapy.com/services/group-therapy/

Sunstone Counseling: www.sunstonecounselors.com/services/group-counseling/

Social Skills resources:

Stepping Stones: (703) 876-8480, www.insteppc.com

Jewish Social Service Agency: www.jssa.org/socialskillsgroups

Social Beginnings: (888) 344-5977, begin@verbalbeginnings.com

Child & Family Associates of Greater Washington, LLC (CFA): (703) 533-3930 extension 1

Counseling and Psychiatry:

Columbia Associates in Psychiatry: (703) 841-1290

Fairfax Mental Health and Wellness: (703) 896-7628

Dr. Nauf Azad: Mental Wealth: (202) 791-4892

Grief Counseling:

Wendt Center for Loss and Healing: (202) 624-0010

Community Service Boards:

Arlington CSB Children's Behavioral Healthcare: (703) 228-1560

Alexandria CSB Behavioral Health Services for Children and Families: (571) 213-7963

Fairfax-Falls Church CSB Behavioral Health Services for Children, Youth and Families: (703) 228-1560

Prince William CSB Manassas: (703) 792-7800

Prince William CSB Woodbridge: (703) 792-4900