

In these stressful times, are you or your children having trouble adjusting to our new state of affairs? While JFS staff is working remotely due to COVID-19, we're conducting business as usual via Telehealth Counseling.

All you need is a WiFi-enabled device. We're here to support your family for crisis intervention or short/long term counseling. **Fees based on a sliding scale are available. We are waiving fees for the first three crisis intervention sessions during this pandemic.**

Counseling Center

at Jewish Family Service

Call us at (585) 506-3070



Leslie Friedman, LCSW-R

Leslie is a clinical social worker who offers individual counseling for all ages 18 and up, specializing in older adults. She has been practicing for over 30 years and received her geriatric certification from Lifespan in 2010.



Megan Black, MS, MHC

Megan is a mental health counselor who graduated from St. John Fisher College. She is the school counselor for JFS and works to support children from preschool to high school. Megan also provides crisis intervention counseling with children, adults, and families. She has had training in DBT, Reflective Parenting, Trauma Informed Care, and Infant Mental Health. She specializes in trauma, anxiety, and depression. Although the therapeutic approach varies per client, Megan uses evidence based practices around cognitive behavioral, internal family systems and dialectical behavioral therapy.



Rachel Glazer, LMSW

Rachel provides services to children, adolescents, adults and groups with a diverse range of concerns. She is particularly interested in adolescents' emotional and behavioral difficulties and related parenting, family and school issues. An advocate of a collaborative approach, she believes in a strengths-based perspective guided by the proven principles of cognitive behavioral therapy.

TELEHEALTH COUNSELING AVAILABLE

