



barcc

Boston Area Rape Crisis Center

Dedicated to Healing.

Advocating for Change.

Counseling



Find your path to healing: BARCC provides short-term individual, couples, family, and group counseling with licensed clinicians and trained counselors for survivors of sexual violence and their families and friends. We work with survivors and their loved ones to find their strengths, to understand the impact of trauma on their lives, to build and use coping skills, and to explore ways to heal and thrive.

Our counseling services are free and confidential to people ages 12 and older. All services are available in English and Spanish, with other languages, including ASL, available with prior notice.

Reasonable accommodations will be provided.

"My counselor was there for me when nobody around me understood what I was going through." —Survivor

What services do counselors provide?

- ★ Individual counseling for survivors
- ★ Individual counseling for friends, partners, and family of survivors (we want you to be supported so you can better support the person you care about)
- ★ Consultation for professionals
- ★ Couples counseling for survivors and their partners
- ★ Family counseling for families impacted by sexual violence
- ★ Counseling groups for survivors and their families, partners, friends, etc.

Who are BARCC counselors?

All of our counselors are trained rape crisis counselors and professional counselors. BARCC counselors are uniquely helpful to survivors because they are specially trained in sexual trauma and have a deep, nuanced understanding of the dynamics of sexual violence and its effects on survivors. They work with hundreds of clients in more than 4,500 sessions each year. Experienced, nonjudgmental counselors understand that you know what's best for you and help you to work toward your goals.



“Counseling at BARCC is like hot chocolate for the soul.”
—Survivor

What a counselor can do for you

If you have experienced sexual violence, you are not alone. Many people feel the effects, off and on, for a long time. Counseling can help you find your path to healing, from the immediate crisis after sexual violence to years and decades later. You can come in to talk with a counselor once or work with the counselor over time.



Requesting Counseling services

Request online at barcc.org/help/make-appointment or call 617-492-8306. People with hearing disabilities can use Mass Relay: dial 800-439-0183 (TTY users: 800-439-2370), and ask to connect to 617-492-8306.

99 Bishop Allen Drive, Cambridge, MA 02139

barcc.org | office: 617-492-8306 | hotline: 800-841-8371 (24-7), barcc.org/chat

