

How and whom we help

The center offers individual, couple, relationship, family, and group services with an emphasis on relational counseling. We can help with concerns at home, work, school, health and wellness, and parenting challenges. Our providers are trained to provide sensitive, appropriate, and effective therapy that considers and values each person's culture, ethnic background, discrimination experiences, religious and spiritual beliefs, gender identity, sexual identity, age, and socioeconomic status, as well as issues of disability or mental or physical health needs. Our clients are students and community members.

Our staff

The center is a bit like a teaching hospital for therapists. It is staffed by upper-level graduate interns who, in turn, are supervised by licensed faculty supervisors. In other words, the provider you see is taking their final step toward finishing their degree and has been trained in evidence-based techniques.

Please call to inquire about services in languages other than English.

"I've always been treated with care and respect."

What we believe

We believe that change is possible. We believe people are doing the best they can, and sometimes need support to manage the stresses of life. We value diversity, and our providers are trained from a social justice and anti-oppression framework. We will protect your privacy and maintain the highest level of confidentiality possible. Your privacy is important to us and we follow all ethical and legal standards to maintain it.

Costs

Clinic fees are assessed on a sliding scale; we aim for cost to not be a barrier to services. We are unable to accept insurance, though there are several payment options. Payment is due at the time of service.

"My experience has been life changing. I've been able to learn how to self-care, assess my life, and live more aware and peacefully."

In a recent survey, 100% of clients reported that they would recommend our services to friends/family.

The **University of Oregon College of Education** has many moving parts, all of which are in the business of helping people. One way we do that is through the Center for Healthy Relationships, located in the multidisciplinary HEDCO Clinic, located in the south wing of the HEDCO Education building (17th and Alder) on the UO campus. **Our work is focused on helping our community.**

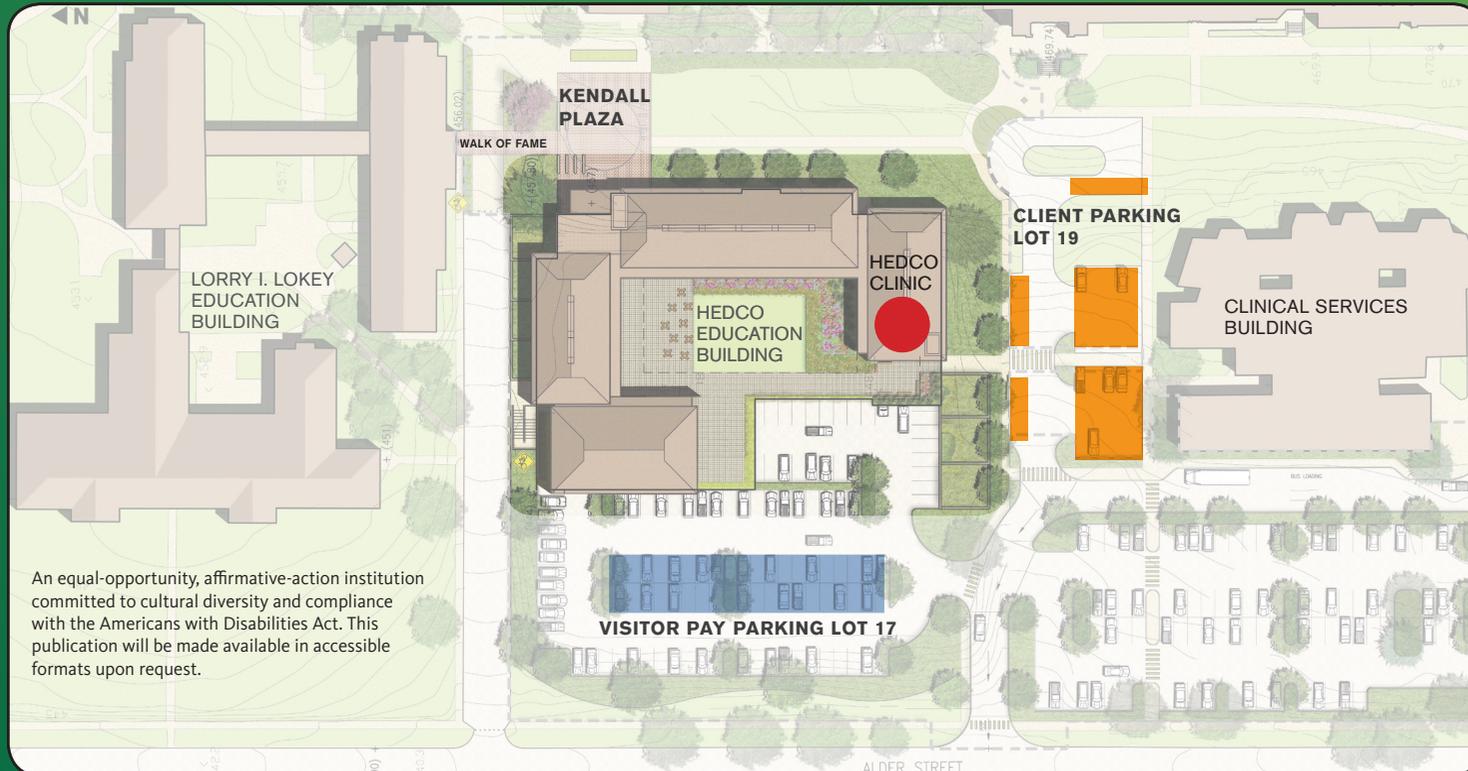


Contact us

We are located on the south end of the HEDCO Education building, in the HEDCO Clinic, near the corner of 17th and Alder streets in Eugene, Oregon.

Clients are seen **by appointment only**; call **541-346-0923** for details. We serve clients quickly.

There is a bus line that stops across from the building. Parking is available and accessible—simply stop by at the reception desk for a free pass.



An equal-opportunity, affirmative-action institution committed to cultural diversity and compliance with the Americans with Disabilities Act. This publication will be made available in accessible formats upon request.

Free parking in the orange area

College of Education

Center for Healthy Relationships

Counseling, wellness, and prevention



99.9% of clients reported getting the kind of counseling services they want at the CHR