



## BCS Online Counseling

Live video counseling sessions on your computer or mobile device, from the comfort of your own home or wherever you have an internet connection.

**CONVENIENCE:** It may be difficult to find the time to visit a therapist during business hours, or you have family commitments which make it difficult. 'Online Counseling' is extremely convenient in terms of time & hassle.

**PRIVACY:** Enjoy all the same confidentiality you would with an in-person therapy session, along with the added privacy and comfort of being in your own home, and no social anxiety of a therapists waiting room.

**EXPERIENCE:** All BCS Online Counselors are licensed and fully qualified mental health professionals who have extensive experience, specializing in working with a diverse array of emotional and psychological issues.



Wherever you have an internet connection.

### Locations:

#### Bay Ridge:

9201 Fourth Avenue, Brooklyn, NY 11209

#### Brooklyn Heights:

26 Court Street, Brooklyn, NY 11242

#### Staten Island:

2205 Hylan Blvd., Staten Island, NY 10306

#### Dyker Heights:

7701 13th Avenue, Brooklyn, NY 11228

#### Online Counseling:

[www.bcs-talk.com](http://www.bcs-talk.com)

### Contact Details:

T: 718 232 8600

E: [appointments@bcsnygroup.com](mailto:appointments@bcsnygroup.com)

[www.bcsnygroup.com](http://www.bcsnygroup.com)

"Our mission is to improve the emotional health and well-being of the patients we serve".

Dr. Nicoletta Pallotta. CEO & Founder



**BCSGroup**

Integrated Mental & Emotional well-being



Brooklyn Counseling Services:

Psychological & emotional support through all stages of life.

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**BCSGroup**

Integrated Mental & Emotional well-being



BCS Group is dedicated to helping all women of New York State.

Brooklyn Counseling Services provides a variety of psychological counseling services for women. Our staff of social workers and psychiatrists are trained professionals who are licensed by New York State.

**BCS** staff members are experienced in working with a diverse range of emotional issues and provide individual therapy specifically geared towards women. Upon entering our program, our trained therapists will work with you to determine an appropriate treatment plan to help meet your unique emotional needs.

We are located in Bay Ridge, Brooklyn Heights, Dyker Heights, Flatbush Avenue and Online.

BCS provides psychiatric consultations for women who are currently in therapy at the center.

### Therapy Services

- Individual psychotherapy
- Relationship issues
- Grief and loss
- Support during life transitions
- Couples/family counseling
- Sexual trauma
- Stress reduction and management
- Depression
- Controlling rage and anger
- Panic attacks
- Eating disorders and body imaging
- Anxiety
- Self esteem issues
- Post traumatic stress disorder (PTSD)
- Postpartum depression
- Midlife crisis

### Insurance

We accept most insurance.

One of our staff members will contact your insurance carrier prior to your appointment to ensure you are covered for the service provided.

Empowering  
Women, Families  
& Communities

Work one-on-one with our fully trained Counselors, start meaningful change today.