

Counseling & Support Services

For Children, Adolescents
& Young Adults

Reading · Beverly · Lexington, MA

Serving New England since 1991, the Triumph Center provides counseling and support for children, adolescents, and young adults. Our mission is to help clients build confidence, develop essential skills, and navigate life's challenges with resilience.

Who We Serve

- Children, adolescents, and young adults (ages 5+)
- Parent coaching available for children under 5, when appropriate
- Individuals with a wide range of needs, including autism spectrum disorder, ADHD, anxiety, depression, and learning differences

Our Services

Our services include counseling, social skills groups, summer programs, and psychological evaluations for various age groups and families. We also provide consultation and evaluations for schools and institutions.



Our Approach

We carefully match clients with clinicians based on expertise, experience, and individual preferences. Therapy is collaborative, goal-oriented, and focused on building lasting skills for emotional, social, and academic success.



Contact Us
(781) 942-9277



Our Location
36 Woburn St., Reading, MA 01867



For More Information
www.triumphcenter.net
triumphcenter@verizon.net



Learn More

Visit our website to learn more or contact us to enroll in our services.

Our Services

Therapeutic Summer Camp: Camp Triumph is a therapeutic day camp in North Reading that caters to children and adolescents (ages 6-16). With highly skilled counselors and structured therapeutic programming, the camp's goal is to build social skills, self-regulation skills, and self-esteem through recreation activities.

Social Skills Groups: In Reading and Lexington, we offer social skills groups for children, adolescents, and young adults to enhance their social and emotional development.

Evaluations: We offer psychological and neuropsychological evaluations for individuals between the ages of 5 and 22. Evaluations provide insight into areas such as cognitive and executive functioning skills, social-emotional and personality functioning, and academic abilities in order to provide diagnostic clarification and inform treatment recommendations and educational planning.

Counseling: Outpatient counseling services for children, adolescents, young adults, and families are offered in our Reading and Beverly locations. Our experienced clinicians utilize a range of treatment modalities including cognitive-behavioral interventions and other evidence-based skill building approaches to address a range of challenges and diagnoses.

Young Adult Programming: We offer social skills groups, counseling, and specialized summer groups for young adults (ages 17+). Our young adult programming focuses on improving social skills, promoting independent living skills, community service involvement, health and wellness awareness, and post-high school learning/employment preparation.

Consultation: Our skilled clinicians provide ongoing consultation services to school systems, colleges, non-profit organizations, and corporations. We have over 30 years of experience consulting to public school districts across Massachusetts.

Training: The Triumph Center is dedicated to training emerging mental health professionals. We offer training and supervised clinical opportunities to undergraduate, graduate, and post-graduate trainees.

Visit our website to learn more or contact us to discuss enrollment in our services.

