

## Mental Health Services

For Children, Adolescents,  
Young Adults & Families

Reading · Beverly

Lexington · North Reading

Serving New England since 1991, the Triumph Center provides a range of mental health services for children, adolescents, young adults, and families. Our mission is to help clients build confidence, develop essential skills, and navigate life's challenges with resilience.

### Who We Serve

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

### Our Services

Our services include individual and family counseling, social skills groups, psychological and neuropsychological evaluations, and summer programming for various age groups. We also provide consultation and evaluations for schools and institutions.

### Our Approach

We carefully match clients with services and providers based on treatment need and goals and clinician expertise. Our services are collaborative and goal-oriented, focusing on building lasting skills for success. Our evaluations provide helpful insights into individual strengths and vulnerabilities, offer diagnostic clarification, and include comprehensive recommendations.



Contact Us  
(781) 942-9277



Our Offices  
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100 Cummings Ctr. 207-L, Beverly, MA 01915



For More Information  
[www.triumphcenter.net](http://www.triumphcenter.net)  
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### Learn More

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



## What We Offer

**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 recreational 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, specialized summer groups, and Triumph Transitions, summer day programming, 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 and organizations 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.*

