

ABOUT THE LIGHTHOUSE

Founded in 1902, the LightHouse for the Blind and Visually Impaired offers programs in six locations throughout the Bay Area and Northern California serving 3,000 blind and visually impaired individuals annually.



Our licensed, professional staff offers specialized expertise in helping people adjust to vision loss.

Counseling sessions focus on exploring the feelings that accompany changing vision and on building strategies to live well with blindness or visual impairment.



LightHouse Counseling and Psychological Services are available for blind or visually impaired people of all ages.



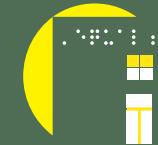
Feel free to reach out.

To schedule an appointment or for more information about counseling and psychological services at the LightHouse contact counseling@lighthouse-sf.org or 415-694-7307

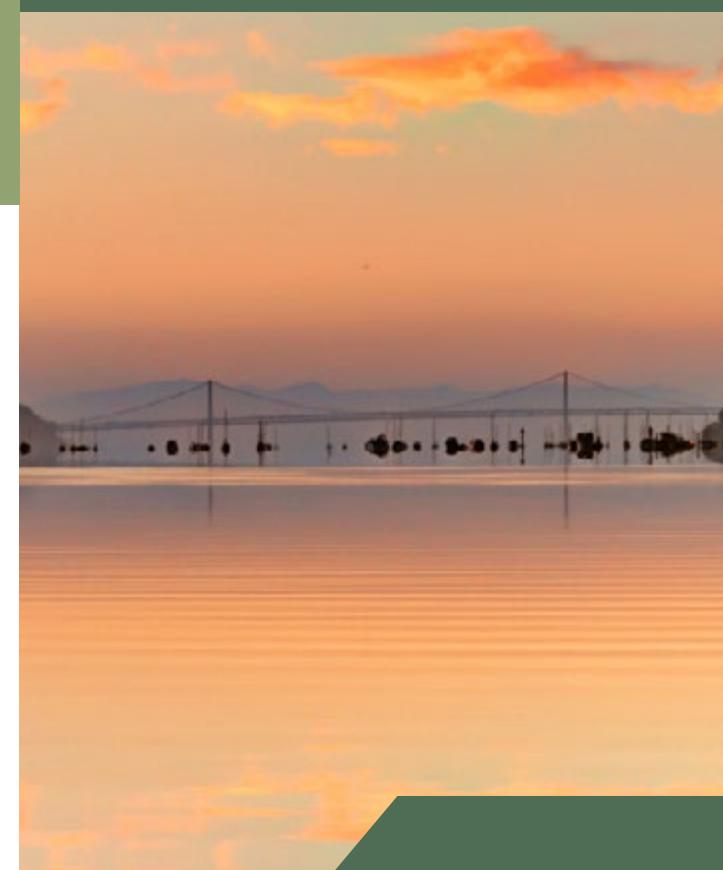
LIGHTHOUSE FOR THE BLIND

info@lighthouse-sf.org

WWW.LIGHTHOUSE-SF.ORG



LightHouse for the Blind and Visually Impaired



Counseling & Psychological Services

LightHouse for the Blind

Counseling & Psychological Services

LightHouse Counseling and Psychological Services are available for blind or visually impaired people of all ages. Counseling is available in individual, couple, family and group settings.

COUNSELING CAN:

- 1 Help with adapting to changes in vision**
- 2 Increase social participation**
- 3 Offer individuals the chance to talk and understand their feelings in a safe, confidential setting**
- 4 Identify community resources and practical adaptive strategies**

Our licensed, professional staff offers specialized expertise in helping people adjust to vision loss, including emotional, vocational, educational, health-related and social concerns. Counseling sessions focus on exploring the feelings that accompany changing vision and on building strategies to live well with blindness or visual impairment. Whether clients come for a single consultation, group therapy, or for longer term individual psychotherapy, most experience the opportunity to think about their future in new, unimagined ways.



BEADED MURAL ON THE OUTSIDE OF THE
LIGHTHOUSE HEADQUARTERS
by Lighthosue clients at Enchanted Hills Camp



GROWING SKILLS, CHANGING LIVES

WITH COUNSELING, clients can gain a more positive outlook about their change in vision, so that they can resume activities and pursue optimal life quality. Clients who were once afraid to leave their homes are participating in weekly braille instruction classes; traveling independently; learning about assistive technology; and joining in community activities, such as yoga, the Lighthouse choir and cooking classes. Clients that actively engage in therapy at the LightHouse often talk about a sense of belonging and building a community of friends. Some become LightHouse volunteers and mentors or gain the confidence to get back into the competitive job market.

CALL US **415-694-7307**