Cultural Adjustment, Counseling and Community Services

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Cultural Adjustment

English as a Second Language

The University of Michigan and other educational institutions in the Ann Arbor area offer many classes for English as a second language. For a complete list and contact information, visit the U-M International Center's [Classes for Adults and Children](https://internationalcenter.umich.edu).[1]

Adjusting to the U.S. Quickly and Comfortably

The U-M International Center's web site offers some tips about getting used to life in the U.S. Tips include going on campus tours, meeting new people and how to learn about events in and around Ann Arbor. Please make sure to visit the U-M International Center's [Adjusting to the U.S.](https://internationalcenter.umich.edu).[2]

Phases of Adjustment

For information about the phases of adjustment to life in a new country visit the U-M International Center's [Phases of Adjustment](https://internationalcenter.umich.edu).[3] page.

Counseling and Community Services

There is a wide range of counseling and community services in the University of Michigan and Ann Arbor communities, including career advice, counseling and therapy, and legal advice.

The following resource list contains these topics:

**U-M Affiliated Services**

[Counseling and Psychological Services](https://internationalcenter.umich.edu)[4]

530 S. State, Room 3100
(Michigan Union)
Ann Arbor, MI
734.764.8312

CAPS services are free, confidential, and available to currently enrolled students. Services include: brief counseling for individuals, couples and groups; consultation to students; assistance with referrals to community resources; and crisis interventions.
Center for the Child and Family [5]  
525 E. University, Suite 1465  
Ann Arbor, MI (entrance on Church Street)  
734.764.9466  
Evaluation and counseling for children, adolescents, couples, and families. Open to the public. Sliding scale fees.

Center for the Education of Women [6]  
330 E. Liberty  
Ann Arbor, MI  
734.764.6005  
Educational and career counseling for women.

The Office of Lesbian Gay Bisexual Transgender Affairs (LGBTA) [7]  
530 S. State, Room 3200 (Michigan Union)  
Ann Arbor, MI  
734.764.4186  
Provides a comprehensive range of education, information and advocacy services working to create and maintain an open, safe and inclusive environment.

Psychological Clinic [8]  
525 E. University, Suite 2463  
Ann Arbor, MI (entrance on Church Street)  
734.764.3471  
Individual and couples counseling. Open to the public. Sliding scale fees.

The Career Center [9]  
515 E. Jefferson, Room 3200  
Ann Arbor, MI  
734.764.7460  
Offers internship information, career counseling and advising, job search information and programming to current and former students.

Faculty and Staff Assistance Program (FASAP) [10]  
Offers a number of services designed to help staff, faculty, and their immediate family members with personal difficulties encountered at both work and home.

Work/Life Resource Center (WLRC) [11]  
Helps U-M families achieve balance through connections with campus and community resources that help you integrate your personal life and your work life.

Mediation Services for Faculty and Staff [12]  
Offers a safe harbor to discuss any workplace concern, off the record, and explore alternatives for addressing it. Their mediation services allow two or more parties to communicate openly and honestly in a safe and structured setting about a disagreement.

Non U-M Affiliated Services

Please check with your health insurance provider to see if you have coverage for private counseling or psychological services. They will be able to provide you with a list of practitioners who will be covered by your policy. You may also consult the Yellow Pages [13] at for the type of counseling you seek.

Ann Arbor hosts many not-for-profit organizations that provide services to individuals. For a detailed listing, visit Arborweb [14]. Some of the services include the following:
Catholic Social Services of Washtenaw County
4925 Packard
Ann Arbor, MI
734.971.9781
Wide range of programs and services, including counseling, tax assistance, adoption services, and volunteer opportunities.

Jewish Federation of Washtenaw County
2939 Birch Hollow
Ann Arbor, MI
734.677.0100
With its network of agencies, this organization initiates, coordinates, and funds activities that strengthen Jewish life.

Services for International Spouses

Family Housing Community Resources
(part of U-M)
Information on schools, family health services, counseling, and shopping.

Hospitality for World Visitors
The University of Michigan Faculty Women's Club Hospitality for World Visitors group provides hospitality for international female visiting scholars and/or wives of visiting scholars. The program focuses on establishing a one-to-one relationship between the guest and a hostess member of the section. The hostesses introduce their guests to American life in Ann Arbor and the U-M. If interested in joining the group, visit its web site for contact information.

Northwood Community Center
(part of U-M)
Programs and activities for spouses, also families. Items available for loan free of charge, including sports equipment, hand carts, and vacuum cleaners.

International Neighbors
Local group organizes activities for American and international women to meet. Activities include: tea groups, English conversation groups, discussion groups, and painting, knitting, and quilting groups. Members receive free guidebook about living in Ann Arbor.

Volunteering
Many organizations welcome volunteers. Volunteering is a great way to help your new community and to meet people. Organizations that may be of especial interest to international students and their spouses are:

Family Housing Community Center
See Services for International Spouses for more information.

North Campus Family Health Services
See Primary Care for more information.

Project Serve
Offers volunteer work in various areas such as cultural, recreational programs, disabled individuals and senior adults, mental health, youth and education, and women's issues. Please visit their office or call for more information.
S.O.S. Community Services
101 S. Huron
Ypsilanti, MI
734.485.8730

This non-profit agency sponsors a wide range of programs serving people in crisis and homeless families. They need volunteers as crisis counselors, food distribution counselors, housing crisis counselors, etc. Free counselor training provided. No experience necessary.

United Way
2305 Platt Road
Ann Arbor, MI
734.971.8200

Information and referral for volunteer activities. They will match the activities with your special interests.

U-M Hospitals Volunteer Services
1500 E. Medical Center Dr.
Ann Arbor, MI
734.936.4327

Information and referral to volunteer activities at the hospital.

Source URL: https://internationalcenter.umich.edu/resources/life/counseling

Links
[1] https://internationalcenter.umich.edu/resources/life/classes
[3] https://internationalcenter.umich.edu/resources/life/phases-adjustment
[4] https://caps.umich.edu/
[9] https://careercenter.umich.edu/
[16] https://www.jewishannarbor.org/
[18] https://umfwc.org/interest-sections/special-interest/
[21] https://internationalcenter.umich.edu/resources/life/health-care
[22] https://ginsberg.umich.edu/
[23] https://soscs.org/