Cultural Adjustment, Counseling and Community Services

- Cultural Adjustment
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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).

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)

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)

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.
| 525 E. University, Suite 1465 Ann Arbor, MI (entrance on Church Street) |
| 734.764.9466 |

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

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

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

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

| **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. |
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| **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. |
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| **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. |
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**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](#) 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](#). Some of the services include the following:
Catholic Social Services of Washtenaw County [15]  
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 [16]  
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 [17] (part of U-M)  
Information on schools, family health services, counseling, and shopping.

Hospitality for World Visitors [18]  
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 [19] (part of U-M)  
1000 McIntyre Drive  
Ann Arbor, MI  
734.764.9998  
Programs and activities for spouses, also families. Items available for loan free of charge, including sports equipment, hand carts, and vacuum cleaners.

International Neighbors [20]  
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 [21] for more information.

Project Serve [22]  
1024 Hill Street  
Ann Arbor, MI  
734.647.7402  
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.
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.

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

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/