

About Allies in Change

Allies in Change is a nonprofit psychological services center and social activist organization offering individual, couples, and group counseling. We help people who are dealing with depression, stress, anger, anxiety; those who want to build better connections with others, such as romantic partners, family members, and friends; as well as people who want to understand and effect change in their lives.

Organization Mission

The mission of *Allies in Change* is to raise awareness of, educate about, and encourage the practice of healthy, loving and respectful relationships with oneself, one's partner and family, and the community. As our name reflects, *Allies in Change* intends to promote working with others as allies. We acknowledge that some cultural values such as traditional definitions of gender roles and power undermine a person's ability to be fully loving in relationships. We seek to address and change these values on individual, familial and societal levels. As an agency, we seek to practice these values ourselves in both our professional and personal lives.

About Our Staff

Our individual, couples therapists, and group facilitators are highly qualified, well-trained, and experienced mental health professionals.

Counseling Rates

Group

Abuse Intervention (Referred) ♦ ♦ ♦ \$50**
Abuse Intervention Intakes ♦ ♦ ♦ ♦ ♦ \$60**
Abuse Intervention Groups ♦ ♦ ♦ \$50* - \$85
Relationship Groups ♦ ♦ ♦ ♦ ♦ ♦ ♦ \$30* - \$85

Individual & Couples

Therapists ♦ ♦ ♦ ♦ ♦ \$100* - \$160
Grad Student Therapists ♦ ♦ ♦ \$20* - \$50

*Sliding scale rates based on income, contact our office for details

**Automatic reduced rate for clients referred by preferred referral sources or are court involved

Sliding Scale and Ultra Low Fee Options

For people seeking to address their anger, abusive behavior, or are in need of other services, we offer a sliding fee scale as well as an Ultra Low fee tract with an intake session as low as \$20 and a group fee between \$5 - \$20. Contact our office for details, some restrictions apply.

Locations

Beaverton / West Portland

1675 SW Marlow Ave, Ste 110, Portland, OR 97225
A short walk from Sunset Transit Center

East Portland

335 NE 18th Ave Portland, OR 97232
A short walk from Lloyd Center MAX Station

Oregon City

714 Main St, Ste 209, Oregon City, OR 97045
A short walk from Oregon City Transit Center



Individuals ♦ Couples

Groups ♦ Trainings

Men ♦ Women

LGBTQ+

Managing Emotions ♦ Improving Relationships
Building Intimacy ♦ Domestic Abuse ♦ Anger
Depression ♦ Anxiety ♦ Stress ♦ Communication

1675 SW Marlow Ave, Suite 110
Portland, OR 97225
(503) 297-7979

www.AlliesinChange.org
Allies@AlliesinChange.org

Individual Counseling

Allies in Change helps individuals with a wide variety of issues, including managing emotions such as anger, depression, stress, and anxiety. We assist individuals with effectively managing personal challenges, building and improving interpersonal relationships, and increasing a sense of serenity and centeredness in what can be a chaotic world.



Couples Counseling

Allies in Change offers couples counseling to help build greater intimacy and connection in intimate relationships. We see couples for a variety of reasons, including those who struggle to communicate, have difficulties managing emotions, and with behaviors that negatively affect the relationship. Our licensed therapists will help provide valuable insights and relationship skills that can help improve your relationship.

Graduate Student Counseling

Allies in Change offers low-cost individual and couples counseling for clients seen by our practicum students. This gives skilled students the opportunity to gain experience working with clients while being supervised by our Clinical Director. Space is limited.

Relationship Group Counseling

Our relationship group, *Becoming Allies*, is designed to help people have more successful relationships. These groups pair education with an examination of members' real-life situations. Our various topic areas include communication skills, on-going support and encouragement, managing emotions, and troubleshooting real-life situations.

Men's Anger Management

Our Anger Management Program teaches specific anger management skills as well as addresses underlying beliefs that contribute to anger. This class is most appropriate for men dealing with emotional reactivity, whether it's at home, on the road, or the workplace, and may be directed towards family, friends, or strangers.

Men's Abuse Intervention

Our Abuse Intervention Groups provide an accountable and supportive setting for men to understand the role of male socialization, while they examine and change their beliefs about abuse. Group members identify ways they have been abusive or controlling of others, and examine and work toward consistently practicing acceptable alternatives to abusive behavior.

LGBTQ+ Abuse Intervention

For people who are struggling with abusive, controlling, and/or angry behavior in their relationships and identify as LGBTQ. This is a multi-gender group to provide support, education, and guidance in becoming non-abusive and non-controlling with others.

Our program meets state requirements for battering intervention providers.

Women's Recovery Groups

This group focuses on providing support to women who are either currently in or have been in an abusive relationship. Group members work towards recovery by learning about various forms of abuse and controlling behaviors and beliefs, while learning how to set clear boundaries, develop effective communication skills, and practice positive self-care. The group offers support for day-to-day living in addition to examining the challenges of relationships.

Women's Anger Groups

This group is for women who struggle with expressing anger in an appropriate way so that it does not cause concern to others. Group members learn concrete skills and tools to effectively manage their anger as well as address underlying attitudes and beliefs that may contribute to anger.



Trainings

Allies in Change offers trainings and community education for professionals, agencies, and other organizations. We cover a variety of issues, including, but not limited to: understanding domestic violence, risk assessment, and managing stress.