

The Dale Association is a not-for-profit organization providing an umbrella of human services for adults of all ages. Since 1951 our services have been enhancing independence and quality of life for people in Niagara and neighboring counties.

Our **Outpatient Counseling and Treatment Center** welcomes adults 18 and older with mental health issues such as anxiety, depression, grief, relationship problems, anger, bi-polar disorder and more. We offer immediate appointments, psychiatric services, individual counseling and group counseling. **We accept Medicaid, Medicare, most major insurances,** and we offer a sliding fee scale based on income level.

To learn how we can help you or someone you know, please call 716-693-9961.



**“Working toward an exceptional you.”** Rev. 5.2019



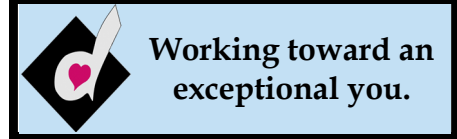
**Outpatient Counseling and Treatment Center**  
**624 River Rd, Suite 8**  
**North Tonawanda, NY**



Helping clients live their best life, since 2000.



North Tonawanda



**The Dale Association**

**Outpatient Counseling and Treatment Center**



**Tel: 716-693-9961**  
**624 River Rd, Suite 8**  
**North Tonawanda, NY 14120**  
**[www.daleassociation.com](http://www.daleassociation.com)**

One-on-one counseling for adults age 18 and older. For immediate and confidential assistance, please call: 716-693-9961

### Meet Our Professional Staff:

#### **Shannon Dziadaszek, LMSW Clinical Director**

- Background in mental health crisis work, counseling, community outreach
- Experience working with children, adolescents, families, developmental disabilities, immigration/refugee status and forensic mental health
- Published researcher: social psychology, health disparities, substance abuse, psychopathology and policy

#### **Stephanie Doyle, LMSW**

- One-on-one counseling utilizing a person-centered, strength-based approach
- Experience working with families, couples, conflict resolution and mediation
- Experienced in solution-focused therapy, cognitive behavioral therapy

#### **Andrea Graziano, LMHC, CASAC**

- Experienced addictions and mental health counselor
- Clinical strength-based interventions focused on trauma-informed care with a person-centered approach
- Background in group facilitation, individual and family counseling

#### **Jessica Riggi, LCSW**

- Experienced in the assessment and treatment of obesity related eating disorders
- Experienced grief counselor
- Accomplished anger and stress management counselor

#### **Joseph Stankovich, MSED, LMHC**

- Vocational Rehabilitation Counselor
- Experienced group facilitator
- American Board Disability Analyst

#### **Audrey Urbanczyk, LCSW-R**

- 24+ years experience
- Experience working with people living with developmental delays
- Experience working with older adults
- Experience working with seriously, persistently mentally ill adults

#### **How Do We Empower Participants?**

It all starts with building a relationship of trust and rapport. By actively listening to our clients, respecting their opinions, input and potential.

Once the relationship is built we talk about facts and options. We talk about possible outcomes that allow our clients to make sound decisions about their actions. We tell our clients that with work and honesty - things will get better.”

- **Dr. Mary Hartshorn, MD**
- **Obot Obot, Psychiatric Nurse Practitioner**
- **Vicki DiMaria, Registered Nurse**
- **Patricia Hardy, Office Manager**
- **Shayla Hall, Receptionist**
- **Lori Posluszny, Utilization Review**

*Program receives support from the New York State Office of Mental Health and Niagara County Department of Mental Health. Funding for this program is provided by the Niagara County Department of Mental Health.*

- ♦ **Monday-Friday 9:00 am - 5:00 pm**
- ♦ **Extended hours on Wednesdays**

**One-on-one counseling, psychiatric services, health monitoring, after hours crisis counseling for established clients, group counseling including Anger Management**

**624 River Road  
N. Tonawanda, NY 14120  
Phone: 716-693-9961  
Fax: 716-693-4402**

**www.daleassociation.com**

