



CATHOLIC CHARITIES of the Archdiocese of Miami, Inc.

Counseling Services

CONFIDENTIALITY

Our Licensed Therapists and Registered Interns are dedicated and trained professionals who are passionate about bringing healing and reconciliation to your emotional and/or relationship stresses. They consider it a privilege to be invited into your life and entrusted to provide professional counseling services.

Counseling services are anonymous and discrete. With few exceptions, both the law and counseling ethics require services to be strictly confidential.

FEES & PAYMENTS

We do not accept third party insurance.

A sliding fee scale ensures that our services are available and affordable for the greatest number of people. Fees are income-based and capped at a maximum of \$50.00 per session.

We accept: VISA, Master Card, or checks.

CONTACT INFORMATION

**Catholic Charities Counseling Services
is located at:
1503 NE 26th Street
Wilton Manors, FL 33305**

**For a telephone consultation or to make an
appointment please call: 954 332-7070**

WHO WE ARE...

Catholic Charities Counseling Services provides individual, marital, family, child and adolescent counseling. For those participants who desire a Catholic approach to counseling we provide counseling from a Catholic perspective.

Counseling staff are Licensed Therapists and Registered Interns. Our program is nationally accredited by the Council on Accreditation (COA).

Counseling services are available to all regardless of their religious or non-religious affiliation, gender, race, age, or sexual orientation.

GOAL OF COUNSELING...

To empower individuals, couples and/or families struggling with emotional or relationship stresses to move safely and efficiently to a better place in their lives.



TYPES OF COUNSELING...

Individual Counseling

Navigating life's challenges can at times become overwhelming. When we struggle and find ourselves stuck in life because of depression, anxiety, stress, trauma, family experiences, relationships, grief, personal- growth, self-image, substance abuse, or any other issue it may be time to seek professional counseling to learn alternative ways of moving forward.



Marriage Counseling

All marriages experience conflict, tension and poor communication. Common problems include: managing money, disciplining children, life transitions, retirement, substance abuse or “empty nest” syndrome. Marriage counseling teaches couples communication and relationship skills so they can deepen intimacy and resolve conflicts in a healthy way.

Family Counseling

Family counseling assists two or more members of a family and may be appropriate in situations of loss, trauma, divorce, or if one relative has a problem that impacts everyone in the family. Participants learn how to solve problems together, resolve conflict, and how to appropriately express thoughts and emotions.



Child and Adolescent Counseling

Children and adolescents often experience problems with parents, peers, teachers, and the natural pressures of growing up and fitting in. At times they have difficulty “growing out of it” and their response to the pressures of life may require attention from a professional. Child and adolescent counseling helps parents to create interventions so parents and children can learn how to respond appropriately to challenges which they encounter.

Catholic Counseling

For those participants who desire a Catholic approach, we provide counseling from a Catholic perspective, which means that we acknowledge the existence of God, we follow the official teachings of the Roman Catholic Church, and we encourage an active prayer life and the reception of the sacraments.

