



COUNSELING SERVICES

Experienced therapists help anyone struggling with mental health in a comfortable and safe environment without judgment. Catholic Charities of San Antonio provides quality, low-cost counseling to individuals, couples, and families.



Catholic Charities' Counseling Services offers affordable, confidential, professional, and holistic counseling to strengthen and heal individuals, couples, and families. Counseling includes family therapy, marriage counseling, abuse issues, addiction, anxiety, depression, stress management, anger issues, grief and loss, post-traumatic stress disorder, and adjustment to parenthood. Virtual, 10-week classes are also available in anger management and domestic violence.

Specialized therapy is available:

- Managing stress
- Relationship & marriage counseling
- Alcohol & substance abuse
- Anger management
- Domestic violence
- Grief & loss
- Parenting concerns
- Family conflict
- Communication with teens
- Depression, anxiety, and post-traumatic stress
- Immigration evaluation
- Adjustment to parenthood
- Self-care for new moms
- And more

Affordable teletherapy hours are available remotely. Individuals, couples, and families interested in teletherapy are encouraged to call the Catholic Charities Counseling office to schedule an appointment with a counselor. Bilingual counselors are available on request. Free therapy for pregnant and parenting families with children under the age of three is available. Insurance and sliding scale pay are offered.

To provide for those that do not live within San Antonio, the Brazos Extendidos Counseling Program is a site-based counseling program which extends our counseling services into rural areas throughout the Archdiocese of San Antonio's 19 counties.

For more information or to make an appointment, contact Catholic Charities Counseling at [\(210\) 377-1133](tel:2103771133)

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