

You are never too old and it is never too late to keep moving forward in your beautiful life.

Contact Us

If you or someone you know may be interested in our Wellness Program, reach out to us and we'll happily answer your questions.

Mother Lode Office of Catholic Charities
88 Bradford Street Sonora, CA 95370

Office
209-532-7632

Counseling Services
209-396-6953

Hours: 8:30 - 4:30
Monday - Friday

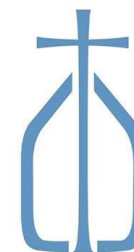
Our services are offered in a comfortable, relaxing environment where counseling is customized to your specific need.

Day and evening appointments are available.

If unable to meet face to face, we have telehealth services through computer, smartphone or calling directly.

Services are available regardless of race, religion, gender, disability, national origin or income.

Mother Lode Wellness Program



Catholic Charities
of the Diocese of Stockton
Help for Today...Hope for Tomorrow

What is the Wellness Program?

Our program provides mental health and wellness services to meet the unique needs of 55 years and older adults.

Seniors Face Unique Challenges.

Depression, anxiety, and other mental health conditions are common challenges for older adults but they are **NOT** normal part of aging.

Untreated mental health conditions are a serious problem because they involve the body, thoughts, and feelings and can have important consequences in the way you eat and sleep.

Ultimately, they may impact the way you feel about yourself or your ability to relate to others and complete tasks.

Have Hope. Get Help.



**We are here for you,
every step of the Way.**

Catholic Charities provides counseling services in several forms and will help walk you through how to cope with a variety of behavioral needs.

- Depression
- Anxiety
- Trauma
- Family issues
- Grief and loss
- Isolation
- Aging Issues
- Stress Management
- Life Transitions

*Make Positive Changes That
Will Last*

Our Services Include:

Individual Counseling

We provide short-term counseling services with a counselor on a regular basis.

Couple Counseling

Provides the opportunity for both individuals to work through their struggles together.

Group

Support groups represent a space where older adults can share the challenges of growing older, learn about resources and work together to find new ways to thrive.

Educational Presentations

These presentations provide us with the opportunity to equip ourselves with tools for strong mental health awareness. Stigma reduction, suicide prevention, and grief management are some examples included in our presentations.

*Achieve a Higher
Quality of Life.*