

**COUNSELING SERVICES FOR  
INDIVIDUALS, FAMILIES, TEENAGERS,  
CHILDREN AND SENIORS**

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Counseling services for ages 5 & up

Conflict Resolution

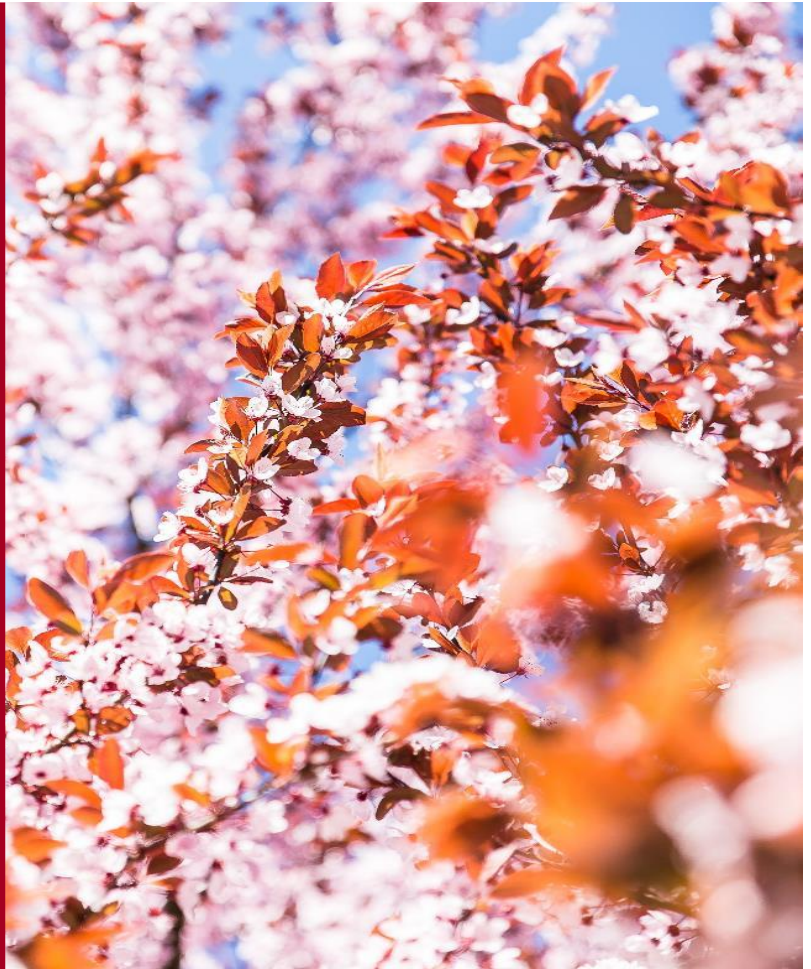
Improving Family Relationships

Dealing with Anxiety & Stress

Parenting Issues

How to Communicate With Your Teenagers

Grief & loss Counseling



The Coronavirus is affecting all of us in many different ways. During this stressful situation we often feel stress, sad, anxious, and alone. We know this is a lot to process but we are here to support you in this journey. Sometimes it just help to talk to someone.

Catholic Charities Counseling program is offering. Counseling services via telehealth (Telephone, Zoom/Facetime). All information is secured and confidential. We will need verbal consent to provide counseling services to minors and in a later date a written consent.

**Please call the number provide below  
for a brief phone screening for  
counseling services.**

**(209) 215-8191**

**Monday- Friday**

**9:00 AM- 4:30 PM**

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