



CATHOLIC CHARITIES

Diocese of Palm Beach, Inc.

COUNSELING PROGRAM

providing help • creating hope



SERVICES AVAILABLE

- **Free individual and group counseling. Serving adults and children.**
- **Healthy Relationships**
- **EMDR Therapy**
- **Trauma Therapy**
- **People impacted by COVID-19**

Serving: Palm Beach, Martin, St. Lucie, Indian River and Okeechobee counties, face-to-face or via TeleHealth.

Need someone to talk to?

Are you experiencing increased stress and anxiety due to COVID-19?

Our highly trained professional counselors are available for private counseling sessions using video technology. This is as simple as clicking on a link that will be sent to you.

We are offering free services up to 12 sessions thanks to Southeast Florida Behavioral Health Network, the CARES ACT, and DCF. Services are provided in English and Spanish.



Call today for more information. Toll Free 844-848-6777

Llame hoy para mas informacion.

counseling@ccdpb.org

www.ccdpb.org