

# Counseling Services

*Professional mental health counseling for  
adults, children, couples and families*

*Counseling services provided  
at six office locations:*

**Ames**

St. Thomas Aquinas Parish  
2210 Lincoln Way  
Ames, IA 50014  
515.296.2460

**Dubuque**

Archdiocesan Pastoral Center  
1229 Mt. Loretta Avenue  
Dubuque, IA 52003  
800.772.2758

**Cedar Rapids**

Sr. Mary Lawrence Center  
420 Sixth Street SE, Ste. 220  
Cedar Rapids, IA 52401  
319.364.7121

**Mason City**

Epiphany Parish  
300 5th St. SE  
Mason City, IA 50401  
641.424.9683

**Decorah**

St. Benedict Parish  
307 W. Main Street  
Decorah, IA 52101  
563.382.1231

**Waterloo**

Kimball Ridge Center  
2101 Kimball Avenue, Ste. 138  
Waterloo, IA 50702  
319.272.2080

*Proud to be a member agency of the  
United Way of Dubuque Area Tri-States*



*Other Catholic Charities services include...*

- Post Adoption Search
- Affordable Housing
- Jail & Prison Ministry
- Immigration Legal Services



**Catholic  
Charities**

Archdiocese of Dubuque

CatholicCharitiesDubuque.org

*Providing Help. Creating Hope.*

# *Inspired by the belief that marriage and families are at the core of our social structure ...*

*Catholic Charities provides professional counseling for adults, children, couples and families.*

## *Strengthening Families*

Are you struggling with anxiety, depression, grief, stress, or trauma? Major problems can be avoided through early intervention and finding ways to cope with daily struggles before they become a crisis. Catholic Charities provides confidential counseling in a safe setting to anyone, regardless of faith or background.

## *Therapeutic Approaches*

Catholic Charities' licensed counselors complete a clinical assessment and develop an individualized treatment plan for each person so the therapy is client-centered and specifically designed with the client's interests and goals in mind. Counselors offer a variety of counseling including individual, marriage and family, play therapy for children, pregnancy counseling and post-abortion counseling (ask for Project Rachel). Counselors are trained and stay abreast of many empirically validated interventions that include, but are not limited to: Eye Movement Desensitization and Reprocessing (EMDR), Emotionally Focused Therapy (EFT) and Cognitive Behavioral Therapy.

## *Empowering Communities*

Catholic Charities Counseling provides individuals access to affordable mental health services by offering a generous sliding fee scale to those without insurance. No one is ever turned away for their inability to pay.

## *Outreach Services*

- School-based Counseling
- Mental Health First Aid Trainings
- Support Groups



## *Contact Us*

*To schedule an appointment with a counselor,  
call us today at 1-800-772-2758*

*For more information, visit our website at  
[www.CatholicCharitiesDubuque.org](http://www.CatholicCharitiesDubuque.org)*



*Stay in touch...*

[CatholicCharitiesDubuque.org](http://CatholicCharitiesDubuque.org)

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