



**Catholic
Charities**
Archdiocese of Dubuque

*Counseling services provided
at six office locations:*

Ames

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

Cedar Rapids

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

Decorah

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

Dubuque

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

Mason City

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

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*



Counseling Services

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



Other Catholic Charities services include...

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



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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. Catholic Charities is also now providing Telehealth Counseling.

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*



Stay in touch...

CatholicCharitiesDubuque.org

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