



...providing healing, creating hope

Counseling Services Offered At St. Timothy Parish Tuesday and Thursday Evenings By Appointment

There are times in our lives when most of us must address issues that lead to feelings of anxiety, sadness or fear. Some people who experience these feelings may benefit from the help of an experienced, trained counselor, who offers caring assistance. A counselor can help sort out problems and assist in finding ways to cope by either changing behaviors or by finding constructive ways to deal with a situation that is beyond one's control. When we experience difficulties in our personal or work lives or at school, when our ability to concentrate is diminished, or if our level of emotional pain becomes difficult to handle, seeking out a professional counselor can be the start of a solution.

If you believe that the services of a professional counselor could be of benefit to you, contact an Intake Worker at Catholic Charities at (859) 581 8974 for an appointment. (When calling indicate that you want counseling at St. Timothy's Parish)

Counseling is recommended when you:

- Spend most of your time feeling unhappy
- Cannot sleep on a regular basis
- Have lost someone or something
- Cannot identify the most important things in your life
- Can no longer manage stress

Counselors help in addressing situations that include:

- anxiety, depression, and other emotional problems;
- marriage, and relationship issues
- addictions
- untimely pregnancy
- domestic violence
- eating disorders
- social and emotional difficulties related to illness or disability

What is unique about counseling at Catholic Charities?

Catholic Charities has been providing professional counseling since 1962 and is accredited by the Council of Accreditation for Services to Families and Children. All of our counselors have a master's degree. Counselors at Catholic Charities are experienced in many areas and can help in addressing a wide array of concerns. Another unique aspect of the service is the opportunity to focus on spirituality as a part of the process of healing. Because of the generosity of our donors and the dedication of our staff, Catholic Charities is able to offer our services on a sliding scale.