

Counseling is a healthy choice when life itself or life's transitions begin to feel overwhelming.

The counselors at Catholic Family Service can assist you and your family in addressing your needs and concerns.

Life Transitions:

- * Pregnancy Counseling
- * Pre-Marriage Preparation
 - * Marriage
 - * Parenting
- * Separation & Divorce
- * Blended Families
- * Empty Nest
- * Career Changes
- * Grand-parenting
- * Elder Care
- * Retirement
- * Grief & Loss
- * Acute & Chronic Difficulties

Life Maintenance:

- * Self Esteem
- * Addictive Behaviors
- * Anger Management
- * Depression
- * Anxiety
- * Coping Skills
- * Stress Management
- * Communication Skills
- * Job/School Performance
- * Conflict in Relationships
- * Social Skills
- * Substance Abuse
- * Self Improvement

Who benefits from Counseling?

EVERYBODY !



Services:

Counseling, Adoption, & Guardianship

Open to All - Confidential,
Accredited, & By Appointment

Supported by Fees

(Insurance & Private Pay - based on
Household Income and Family Size),

Contributions,

the Catholic Service Appeal,
& Local United Way Agencies

For an appointment or for
additional information, call:

Bay City: 989-892-2504

Mt. Pleasant: 989-773-9328

Saginaw: 989-753-8446

CFS Catholic Family Service
Diocese of Saginaw