

Access and Affordability

**Catholic Charities
offers a sliding scale
based on household
income.**

**We understand that
other factors may
affect one's ability to
pay, and so we work
with people with
limited or changing
financial means to
assure access to care.**



A United Way Agency

Currently, Catholic Charities has four locations for Counseling Services. Please contact Emily Schwartz at 815-387-3410 to have a counselor contact you for an appointment.

Catholic Charities Rockford

1243 N Church Street
Rockford, IL 61103
815-387-3410

Catholic Charities McHenry

5141 Bull Valley Road
McHenry, IL 60050
815-344-6956

Catholic Charities Belvidere

521 S. State, Suite 2
Belvidere, IL 61008
815-544-5434

Catholic Charities Aurora

314 N. Lake Street
Aurora, IL 60506
630-820-3220

Catholic Charities

Diocese of Rockford
Counseling Services

Help, Hope, Healing



815-387-3410

**CatholicCharities.rockford
diocese.org/counseling**

Catholic Charities Counseling

Dedicated to helping individuals, couples, and families meet challenges, repair relationships, survive losses, or adjust to changes. Our professional counselors have training and experience helping people function better and participate in life more fully.

Services are:

- Confidential
- Individualized
- Solution-Focused
- Client-Centered
- Sensitive to the Dignity of Each Person
- Brief & Affordable



Counseling can help you:

- Discover why you have certain difficulties
- Clarify the changes you desire
- Develop solutions
- Cope and live more successfully
- Express your thoughts and feelings more effectively
- Repair, build and strengthen relationships

Your Counselor's Role

Your counselor will attempt to provide you with skills and tasks to enable you to work out solutions to your problems. Together, you and your counselor will engage in setting goals and periodically review your progress towards your goals.

The Course of Counseling

The counseling process involves active participation from the client and the counselor. It will focus on how you see yourself, how you see your world, and how you see yourself in the world. "Homework" is periodically assigned to help address a specific issues and keep you fully engaged in the counseling process.

