

## *Fees You Can Afford*

Counseling services are offered on a sliding-fee scale, which takes into account the size of the household and family income. We are also providers for several insurance plans. Please call if you have questions regarding fees.

## *Confidentiality & Professionalism*

Our counselors are bound by the laws of their licensing board and the state of Texas to maintain confidentiality. Information will be released by written permission of the client or the client's guardian. We adhere to federal privacy regulations as required by the Health Insurance Portability and Accountability Act (HIPAA).

Our counselors are licensed professionals who strive to provide quality counseling in a spiritual atmosphere.

*Please call for an appointment.*

## **Catholic Charities of Southeast Texas**

### **General Contact Information**

2780 Eastex Freeway  
Beaumont, TX 77703  
Phone (409) 924-4400  
Toll Free (855) 924-4400  
Fax (409) 832-0145

### **Programs of Catholic Charities**

**Asset Building Case Management**  
Beaumont and Port Arthur  
(409) 924 - 4425

**Counseling Services**  
Beaumont and Port Neches  
(409) 924 - 4410

**Disaster Response**  
(409) 924 - 4426

*Elijah's Place*  
(409) 924 - 4426

**Hospitality Center**  
Port Arthur  
(888) 982 - 4842

**Immigration Services**  
(409) 924 - 4410

**Parish Social Ministry**  
(409) 924 - 4415

**The services of Catholic Charities are available to all without regard to race, gender, religious affiliation, age or national origin.**

**Catholic Charities serves residents of the following counties: Chambers, Hardin, Jasper, Jefferson, Liberty, Newton, Orange, Polk and Tyler.**



## *Counseling Services*



*"Bringing peace to your life"*

**2780 Eastex Freeway  
Beaumont, TX 77703  
(409) 924-4410**

**[www.catholiccharitiesbmt.org](http://www.catholiccharitiesbmt.org)**

### *What is counseling?*

- Counseling is an opportunity for you to meet with a licensed professional trained in psychology, social work, or counseling.
- Counseling is a conversation that is different from most—it is entirely about you; your feelings, perceptions and experiences. It may focus on your past, the present, or more commonly, both.
- The counselor strives to establish a climate of trust and safety through attentive listening, responsiveness, and the communication of understanding.
- Respect for each client's cultural, social and spiritual ideals is an important aspect of the counseling relationship.
- The counselor may ask questions, present ideas about what is said, or help you make connections that you may not have noticed previously. Through the therapeutic relationship, the opportunity for self-exploration and growth can occur. Old hurts can be eased...even healed. New directions and areas for change can be explored.



### *Individual Counseling*

Don't know which way to turn? Feeling depressed or "stressed out?" Sometimes talking to a counselor helps. Counseling can bring relief and hope to people who are overwhelmed, depressed, anxious or suffering from trauma.



### *Family Counseling*

Are you having a family problem? Do you have a child facing difficulties at school or home? Family counseling can help identify the issues, defuse stress and improve communication between family members.

*providing help.  
creating hope.*



### *Marriage & Relationship Counseling*

Are you preparing to be married? Are you having marital or relationship problems? Counseling can help you and your partner discuss issues with fewer arguments. We can assist with problem-solving. Counseling can help you and your partner to become allies, working together toward a happier marriage.



### *Grief Counseling*

If you have experienced the loss of a loved one, a relationship, a job or other significant loss, counseling can help you work through the emotions that accompany that loss. While you will never be the same person you were before the loss, you can begin to feel like living again and transform the feelings within your heart.