Family and Individual Counseling Program

The Family and Individual Counseling Program provides hope and help for individuals, couples, and families experiencing difficulties. We offer sensitive, confidential counseling and mental health services that address a wide range of needs, including but not limited to, mental illness, marital problems, parenting difficulties, life transitions, and grief/loss issues. Our aim is to promote physical, social, emotional, and spiritual health and well-being to all, regardless of age, ethnic/cultural background, faith/non-faith tradition, or economic circumstance. We believe that when we help our clients gain understanding and skills with which to cope with life’s problems, we enable them to lead more productive and satisfying lives that in turn positively impact all those with whom their lives intersect.

Counseling services are provided at all of our locations by trained and licensed professionals. In addition, psychiatric services including prescription of psychiatric medications are offered at our Winona location. Insurance is accepted and may cover the cost of services, but a sliding fee scale based on household income and family size is available for people who do not have insurance coverage. During this reporting cycle, 408 individuals, couples, and families directly received counseling services.

Our counseling clients come from many walks of life; they are men, women, and children, single and partnered, citizens and immigrants, homeless and well-resourced. We are honored to meet each one on their journey with kindness and the skills to help them cope with isolation, loss, conflict, trauma, anxiety, and depression. Here are a few comments they have given us in return:

“[Counseling] has helped me to learn how to deal with things better.”

“I truly saw a difference in my emotional/mental state from when I first started.”

“I trust them and they have always been kind to me.”

“[Counselor] helped me when I needed help the most.”

“Catholic Charities makes a crucial difference for me.”