

Comfort. We all need it.

Sometimes just a little. Other times, more.

...when the load feels too heavy to carry alone.

...when the bumps in the road come too close together.

...when no one else seems to get it.

It might be a good idea to seek the comfort of talking to a counselor.

We have great empathy for the discomfort of others. This quality makes us compassionate companions. It means we will be able to stand by you and provide guidance, while offering perspective on feelings and situations you may not yet see clearly.

We would be delighted to meet you and discuss what it might be like to work together.

Please call 425.614.6225 or visit our web page on the St. Louise web site to find out more.

www.stlouise.org/counseling

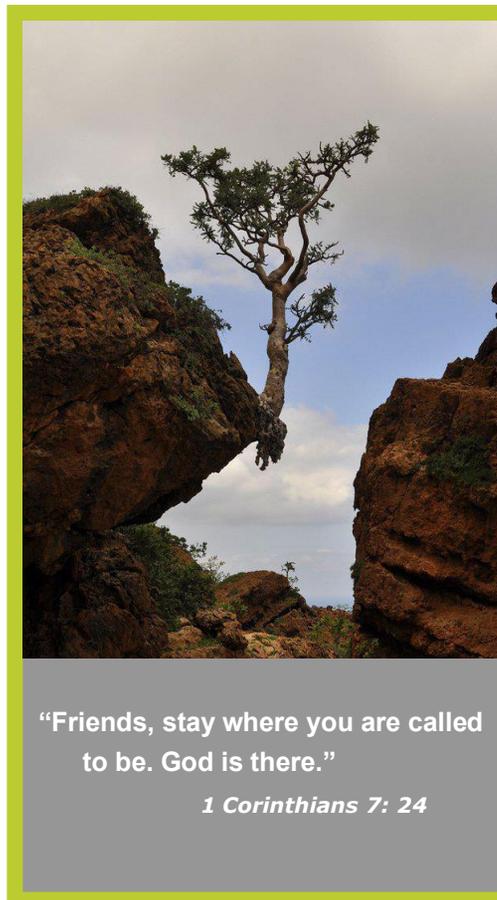
“Things do not change. We change.” *Henry David Thoreau*

St. Louise Counseling Services

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“Friends, stay where you are called to be. God is there.”

1 Corinthians 7: 24

St. Louise Counseling Services

**Guidance
For Individuals,
Couples, and Families**

**Cathy Callans, MA, LMHCA
Sarah Swenson, MA, LMHCA**

The Art of Therapy

Knowing. Feeling. Doing.

These are different aspects of our being. They are interrelated, and of equal importance.

Sometimes, however, life gets so complicated that you cannot tell one from the other. You think you know what you want, but you cannot figure out a way to get it.

As pastoral counselors, we provide psychologically sound therapy that weaves spiritual and religious dimensions into healing and growth.

We can help you bring what you know and what you feel into line with what you do. You can come to understand why aspects of your life are a certain way; you can learn to identify the feelings that go along with certain kinds of thoughts; and you can begin to understand yourself and make changes, if changes are appropriate.

We will support you and work to help you from falling into negative judgments about things you have done, or decisions you have made, in the past. With guidance, you can come to see that you are different now, and that your life experience is broader, and your choices about your behavior can be different as well.

Services:

Individual Counseling
Couple Counseling
Family Counseling
FOCCUS Pre-Marriage Inventory Counseling

Each counseling session is fifty minutes. The first half hour of our initial session is complementary.

We also offer classes, presentations, and workshops.



Are you worried about something?

- Feelings of sadness for reasons you can't identify
- Relationship issues, including divorce, infidelity, a break-up, or abuse
- Concerns about drugs or alcohol
- Anger that feels out of control
- Fears about the future
- Life changes, such as getting married or experiencing an empty nest
- A sense of meaninglessness or spiritual crisis

Counseling can help.

- attain better understanding of yourself
- develop interpersonal skills
- find resolutions to your concerns
- learn new ways to cope with stress and anxiety
- manage grief, depression, and other emotional pressures
- change old behavior patterns
- improve your self-esteem and bolster your self-confidence

“I am not what happened to me. I am what I choose to become.” *Carl Jung*

If you decide to work with us, this is what you can expect:

- Compassion, respect, and understanding
- Perspective to illuminate persistent patterns and negative feelings
- Real strategies for enacting positive change
- Effective and proven techniques along with practical guidance

Convenient office hours

We are here for appointments Tuesdays and Wednesdays, noon to 8:00 pm, and Fridays, 9:00 to 5:00. Weekend hours are available upon request.

Call 425.614.6225 or send an email to schedule your first visit.

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