Counseling Services

All Catholic Charities’ counselors are masters-level, licensed professionals, and services are available to anyone regardless of religious, social or economic background.

Inspired by the belief that marriage and families are at the core of our social structure, Catholic Charities provides professional counseling for marriages, families and individuals experiencing various social, emotional and interpersonal struggles.

Often, major problems can be avoided through early intervention, and finding new ways to deal with daily struggles. Counseling provides individuals, couples, and families the ability to work out their problems before they become a crisis, helping to maintain emotional health and strengthen relationships.

Resources to Couples
- Marriage Counseling
- Family Counseling
- Individual Counseling for parenting, grief and loss, trauma, stress, anxiety, etc.
- The option to use insurance, or pay on a sliding fee scale, makes counseling attainable for anyone who is truly in need

Resources to Parishes
- Available to help parish ministers determine if professional counseling is advised
- Mental Health First Aid Training

“A Catholic Charities’ counselor saved our marriage” – Recent Client

Providing Help. Creating Hope.

Counseling offices in: Ames, Cedar Rapids, Decorah, Dubuque, Mason City, and Waterloo
CatholicCharitiesDubuque.org | 800.772.2758