



For decades, Catholic Human Services has been committed to strengthening northern Michigan, one person at a time. We make a positive difference by providing hope-filled, social, emotional, and spiritual support during some of the most challenging times in people's lives. We serve people of all ages, faiths, and incomes throughout 21 counties in northern lower Michigan.

Catholic Human Services provides outpatient counseling services for individuals and families throughout the Diocese of Gaylord. We offer both in person and virtual options for counseling and can help with a wide range of needs, including:

- Catholic-focused counseling
- Marital counseling
- Behavioral health therapy for conditions like depression, anxiety and mood
- Trauma-specific therapy
- Substance use therapy and recovery support
- Anger management
- Help for addictive behaviors
- Counseling for life and interpersonal problems
- Mom Power parenting group for women who are pregnant or with children 5 and under (Traverse City region)

We accept a wide range of insurances and work to make the cost of services affordable. The generous support of Catholic Services Appeal allows us to adjust out of pocket fees on a sliding scale so that families with lower income can access needed services.

Please see our website at www.catholichumanservices.org to find more information on staff and programs.

To request services and make an appointment please call any of our regional offices:

Traverse City	Cadillac	Gaylord	Alpena
231.947.8110	231.775.6581	989.732.6761	989.356.6385