



ARE YOU  
FEELING  
SAD?  
STRESSED?  
OVERWHELMED?

**YOU ARE NOT ALONE!**

CONTACT US NOW

FOR IMMEDIATE AND CONFIDENTIAL ASSISTANCE

**203-743-4412**

**[WWW.CCFAIRFIELD.ORG/PROGRAMS/COUNSELING](http://WWW.CCFAIRFIELD.ORG/PROGRAMS/COUNSELING)**

NOW OFFERING:

TELEHEALTH INDIVIDUAL AND GROUP COUNSELING

MEDICATION MANAGEMENT

Children

Adults

Families

Couples



*Catholic Charities providing counseling services throughout Fairfield county for 40 years.*