



community human services

hope. help. here.



C.A.T.S

COUNSELING AND THERAPY SERVICES

C.A.T.S., or Counseling and Therapy Services, aims to provide a supportive space in which individuals and their families can talk confidentially with LGBT friendly staff and LGBT identified professionals. C.A.T.S. provides the HIV/AIDS and LGBT communities in Monterey County with priority services for individuals and groups.

SERVICES

Individuals, couples and their families can receive counseling for issues including:

- Grief, loss and depression
- Anxiety
- Coming out
- Dating and relationships
- Gender identity
- Intersexuality
- Living with HIV/AIDS
- Raising children in LBGT families
- Adjusting to a loved one's LBGT identity
- Adjusting to a loved one's HIV/AIDS status
- Living in a homophobic culture
- Violence

Services are provided at the Family Service Centers in Seaside and Salinas.

PROGRAM COST

The program uses a sliding fee scale based on a client's ability to pay, and is affordable. We also accept Medi-Cal.

ABOUT CHS

Since 1969, CHS has provided professional, affordable mental health, substance abuse and homeless services to the residents of Monterey County. Our services focus on the entire family, with programs for people of all ages.



[www.facebook.com/
chservicesmonterey](http://www.facebook.com/chservicesmonterey)

CONTACT

Kristina
kbaker@chservices.org
831.757.7915

Community Human
Services
P.O. Box 3076
Monterey, CA 93942
831.658.3811

www.chservices.org