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 LGBT families
- Adjusting to a loved one’s LGBT 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

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