

# CATHEDRAL COUNSELING CENTER

Cathedral Counseling Center helps people make sense of their lives during difficult times through professional, affordable mental health services. We enable individuals to participate more fully and effectively in their relationships, their families, their jobs and in their communities.

Cathedral Counseling fulfills its mission by providing psychotherapy and psychiatric services on a sliding fee scale based on income. We are committed to providing high quality mental health services at fees adjusted to the client's ability to pay, regardless of the client's religious belief, race, ethnicity, gender, or sexual orientation.

Cathedral Counseling Center is staffed by experienced clinicians with a minimum of 10 years postgraduate practice and advanced training in many specialized areas.

Cathedral Counseling Center is a 501(C)(3) non-profit organization that relies on the generous support of donors to keep services available and affordable. To learn more please visit our website, [www.cathedralcounseling.org](http://www.cathedralcounseling.org).



CATHEDRAL COUNSELING CENTER

50 EAST WASHINGTON, SUITE 301  
CHICAGO, ILLINOIS 60602



CATHEDRAL COUNSELING CENTER



PREMARITAL  
COUNSELING  
SERVICES





*Marriage plays an important role in the human community that can sustain and enrich our lives. With this in mind, we provide education and counseling to support the commitments which couples have made to create healthy, loving and happy lives together.*

## PREMARITAL COUNSELING SERVICES

Premarital counseling services are offered in a couples group and individual couple sessions. A three session format is provided with an option for the first session in a group setting.

Group sessions are scheduled periodically throughout the year. Individual couple sessions are available Monday through Saturday and scheduled with staff therapists.

Educational and research materials are used to enrich the couple's experience. Additional counseling is available if the couple wishes to explore issues in more depth.

### Sessions

#### *Session One*

##### *The History of Our Relationship*

This session explores how the couple met and how they are experiencing the challenges of preparing for marriage. We consider some of the myths about marriage and introduce some recent findings from couples research.

#### *Session Two*

##### *Considering Our Families of Origin*

This session focuses on the use of genograms to provide a visual diagram of each person's family of origin. This experience offers the couple an opportunity to explore the effects their families have had on them and could have on their future together.

#### *Session Three*

##### *Our Vision for the Future Together*

This session considers the strengths and challenges the couple has identified with a focus on enhancing resilience and building for the future.

### Fees and Scheduling

Fees for all services are set on a sliding scale, based on household income and ability to pay.

To schedule an appointment or make a referral for these services, please contact our Intake Office by calling 312-252-9500 x. 130.

*Cathedral Counseling Center is a member agency of Episcopal Charities and Community Services.*