

Where there  
is sorrow  
there is holy  
ground.






*Oscar Wilde*

Cathedral Counseling Center is grounded in the idea that spiritual traditions and professional psychotherapy share common goals — to approach life's sorrows with reverence, to heal pain, to help people make better choices, to value what is sacred in each person.

Many barriers prevent people from seeking psychotherapy, particularly social stigmas about mental health care, the rising cost of care, and limited insurance coverage. Cathedral Counseling Center is working to remove these barriers for people in the Chicago area.

## The Staff

Each clinician at Cathedral Counseling Center is an independent contractor who dedicates a portion of his or her time to work for the agency. This model enables us to bring together a professional community representing a broad spectrum of knowledge about mental health care. This diverse experience includes specialized training and clinical expertise in many mental health issues, including:

-  *Mood disorders like depression, anxiety, and bipolar illness*
-  *Premarital counseling and couples and family conflict*
-  *Alcohol and other drug abuse and addiction*
-  *Problems stemming from trauma and abuse*
-  *And many other struggles of daily life and other illnesses*

## Intake Process

When a potential client calls Cathedral Counseling Center at 312-252-9500 x 130 to inquire about our services, a receptionist will connect the individual to an intake counselor. The caller may need to leave a voice-mail message, in which case the intake counselor will return the call to discuss the individual's concerns.

After a brief phone interview, the intake counselor will determine if our services are appropriate. The counselor matches each client with the first available therapist who can meet his or her psychological needs. While most of our clients meet one-on-one with a therapist, we also offer couple and group counseling.

If our services are not appropriate, the intake counselor will refer the caller to other area agencies that can provide assistance.

## Donors

*Cathedral Counseling Center is an independent, nonprofit 501(c)(3) organization. The agency was founded in 1974 by professionals and leaders at St. James Cathedral who believed the decision to seek mental health care should not be primarily a financial matter. Today, we depend on individuals, religious institutions, corporations and foundations committed to supporting our mission.*



## Hours

*Monday – Thursday*

8 a.m. – 9 p.m.

*Friday*

8 a.m. – 2 p.m.

*Saturday*

9 a.m. – 2 p.m.

## Locations

*Main Office: Chicago Loop*

50 E. Washington St., Suite 301

Chicago, Illinois 60602

### SATELLITE OFFICES

*Evanston*

1509 Ridge Ave.

Evanston, Illinois 60201

*Hyde Park*






4945 S. Dorchester Ave.

Chicago, Illinois 60615

For more information, call  
312-252-9500 or visit  
[www.cathedralcounseling.org](http://www.cathedralcounseling.org).

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

## The Defining Features of Cathedral Counseling Center's Services Are:

-  *A sliding-fee scale to match each client's ability to pay*
-  *Therapists with extensive clinical experience and a commitment to continuing education*
-  *Coordinated psychotherapy and psychiatric care to ensure well-managed treatment*
-  *The opportunity for long-term care if appropriate for a client's needs*
-  *Care offered without regard to religious affiliation, race, ethnicity, disabilities, gender, or sexual orientation*

CATHEDRAL COUNSELING CENTER



50 EAST WASHINGTON, SUITE 301  
CHICAGO, ILLINOIS 60602

CATHEDRAL COUNSELING CENTER



A Safe Haven  
for Sorrow,  
Joy, Growth  
& Change

