



We can help with...

- Depression
- Anxiety
- Family challenges
- Marital or relationship issues
- Grief and loss
- Postpartum depression
- Fears
- Major life changes
- Other issues that cause stress



Call for help
today at
269-381-9800



Bridges Counseling
is a program of
Catholic Family Services.



1819 Gull Road
Kalamazoo, Michigan 49048
Phone: 269-381-9800
Fax: 269-381-2932
Visit us on the web at
www.cfsbridges.org



Find us on Facebook!

facebook



Compassionate,
professional mental
health counseling can
help restore your
quality of life.

269-381-9800

Bridges Mental Health Counseling Offers Help and Hope to People of all Ages

- Do you sometimes feel like you can't do it alone?
- Do you worry all the time and never find answers?
- Is your anxiety affecting your sleep or your health?
- Have you recently gone through a major life change?

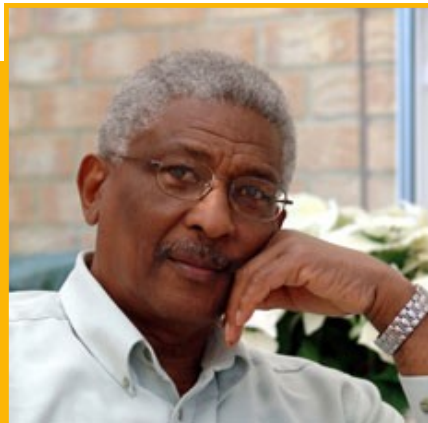
You may benefit from counseling if you answered yes to any of the above questions.



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Hablamos Espanol

Bridges helps people develop the coping skills they need to be healthy and productive members of their family and their community. We offer counseling for individuals of all ages, couples and families. Assessments and evaluation services are available. Flexible daytime and evening appointments. Medicaid, Medicare and many insurances are accepted.



"Seeing a therapist helped me to handle the stress in my life much better. I am now working through my past issues and setting some personal goals for myself."

Bridges Client



Don't let fear or embarrassment keep you from seeking the help you need for yourself, a friend or loved one.

Call 269-381-9800

today for a confidential assessment.

Our Mission

The mission of Catholic Family Services is to provide social services in the manner of Jesus Christ with compassion, care and concern for justice to all people in need and to advocate for their welfare, calling those of good will to assist in this mission in the Diocese of Kalamazoo.

Our Vision

We envision ever-increasing stability and independence for the individuals, families and communities we serve by restoring hope and expanding our comprehensive, innovative and proactive social services throughout southwest Michigan.

We serve people without prejudice regarding faith, ethnic background, sexual orientation or socio-economic status.