

# Disaster Recovery Therapy



**Storms pass, but emotional wounds can linger.**

*Catholic Charities can help.*

## Disaster Recovery Therapy Services

- Individual & Family Counseling
- Grief, Loss & Trauma Processing
- Crisis Debriefing & Emotional Support
- Virtual and In-Person Appointments
- Bilingual Services Available
- Confidential & Compassionate Care



## Who Should Reach Out?

- Survivors of Hurricane-related trauma
- Families who have been displaced
- Children experiencing fear, sleep disruption, or behavioral changes
- Frontline workers, volunteers, and first responders
- Anyone feeling overwhelmed, hopeless, or disconnected



**We have counselors and therapists available:**

(888) 249-9296

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