

## How to get started

It starts with you. Give us a call at 527-4470. We will get some basic information from you and then have a therapist give you a call to schedule an appointment.

If you're not sure whether you want to attend counseling but want to find out more about it, please give us a call and we can work together to determine what best suits your needs.

The Counseling Center accepts cash or the following insurance plans:

- HMSA
- HMSA Quest
- AlohaCare
- HMAA
- UHA
- United Healthcare
- Tricare
- Triwest

Individuals will pay a co-payment if required by their insurance plan. It is the same co-payment you would pay when going to see a medical doctor. Check with your insurance company to verify your coverage or we can assist you in accessing this information.

If an individual does not have insurance, a sliding scale fee will be used to determine the cost of services.

## Contact information/locations

We are available for counseling at:  
(by appointment only)

Clarence T.C. Ching Campus  
1822 Keeaumoku Street  
Honolulu, HI 96822

Harbor Center  
98-025 Hekaha St.  
Unit 205A  
Aiea, HI 96701

Hale Wai Vista  
86-082 Farrington Highway  
Waianae, HI 96792

Island of Hawaii  
214 Waianuenu Avenue #209  
Hilo, Hawaii 96720  
Tel: (808) 961-7000

[www.CounselingCenterHawaii.com](http://www.CounselingCenterHawaii.com)  
(808) 527-4470



CATHOLIC CHARITIES HAWAII  
Helping those in need to help themselves,  
regardless of their faith.

Catholic Charities Hawai'i  
[www.CatholicCharitiesHawaii.org](http://www.CatholicCharitiesHawaii.org)



## Counseling Center

If you're looking for support,  
change or just someone to talk  
to, give us a call.

(808) 527-4470

Island of Hawaii: (808) 961-7000

## Who we are

The Counseling Center at Catholic Charities Hawai'i is a place for healing and growth. Our staff of welcoming professionals meet you where you are in your journey and offer you support in a safe environment where you can address life's challenges. We are committed to providing services with compassion and dignity.

Our therapists are professionally trained and licensed to practice in the State of Hawaii.

## How we help

We provide personalized support to help you gain control of your life and plan a clear path forward. We typically see clients once a week for a one-hour session in a comfortable atmosphere where we can discuss your goals.

## What we do

Whether you need intensive support through a crisis, or ongoing guidance, our skilled team of professional therapists can help. We work to address issues related to:

- **Trauma, including sex abuse**
- **Domestic violence**
- **School and behavioral problems**
- **Relationship issues**
- **Anxiety and depression**
- **Other crisis related issues**
- **And more**

## Who we help

We help everyone regardless of faith or stage in life. We provide customized counseling with compassion and kindness.

- **Individuals** - We provide life coaching, help with trauma recovery, anxiety/stress/depression.
- **Couples** - We offer pre-marital counseling, couples counseling, couples therapy for trauma survivors, and divorce recovery and support.
- **Families** - We provide support with parenting skills, behavioral and communication problems, family therapy and trauma recovery.

We also offer Christian-based spiritual development for individuals, couples and families when requested.

