



Counseling Services

at the Family
Resource Collective

We are here to support your well-being during the novel coronavirus pandemic.



During the shelter in place order, Community Bridges is offering phone or video counseling sessions on a one-time or short-term basis. Services are free and bilingual counselors are available.

Phone or video-conferencing services support people struggling with:

- ✓ stress management
- ✓ establishing new routines
- ✓ anxiety
- ✓ communication with others
- ✓ isolation
- ✓ changing family dynamics

Request an appointment with one of our bilingual counselors today.

Call 831-246-6360.