

# Mental Health Counseling

Thanks to the generosity of a grant from the Sisters of Divine Providence, Sister Karina will offer no or low-cost mental health counseling to the immigrant community who are uninsured or underinsured, based on their income level.

- ❖ In-person
- ❖ For adults 18 + years old
- ❖ In Spanish or Spanish/English

## Mission

*La Providencia Counseling* Ministry was founded in response to the growing need for compassionate, culturally sensitive, and accessible mental health services among immigrant and Latino individuals facing trauma, transition, and marginalization, grounded in God's love and care for each of us.



Karina Conrad

*Therapist*

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St. Hugh Faith Formation Ctr

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**AVAILABILITY: TUESDAYS  
AND WEDNESDAYS**

**12pm-4pm**

**\*Appointment slots are limited\***