

## FEES

There is a fee for community counseling services. Insurance may cover part or all of the cost. To determine what services are covered, contact your insurance company. In addition, LCFS accepts Medicaid and some services may also be covered by an individual's employee assistance program at work. If needed, LCFS can also work closely with individuals seeking care to achieve a fee structure that is within their ability to pay.

## TO MAKE AN APPOINTMENT

LCFS counselors offer in-person or telehealth appointment options. **To schedule an initial appointment with an LCFS counselor in your area call 800-363-LCFS (5237).**

To learn more about LCFS' counseling services and find a list of locations offering community counseling, visit [www.lcfs.org/counseling](http://www.lcfs.org/counseling).



## WHO WE ARE

LCFS is a leading provider of a variety of child welfare services in Illinois, dedicated to serving people of all faiths, races, ethnicities, sexual orientations, gender expressions and gender-identifications.

### LCFS MISSION

To nurture and strengthen children and families in need.



### LCFS VISION

A world where all of God's children have the opportunity for safe, healthy and meaningful lives.



**Lutheran Child and Family Services of Illinois**  
800-363-LCFS | [LCFS.org](http://LCFS.org)  
[lcfs\\_info@lcfs.org](mailto:lcfs_info@lcfs.org) | [Facebook.com/LCFSIL](https://www.facebook.com/LCFSIL)  
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# COUNSELING SERVICES

## FROM TRAUMA TO RESILIENCE



## TRAUMA-INFORMED COUNSELING

LCFS' counselors look at people's lives in the context of their life experiences. We recognize that trauma may create a barrier to reaching full potential. We assist children, individuals and families in coping with and recovering from past traumas so that their functioning is enhanced and they can thrive.

The primary goals of trauma-informed therapy are empowerment and recovery through a collaborative relationship. Trauma can take many different forms, including a violent incident, history of physical or sexual abuse, death of a loved one, critical injury, illness, military-related trauma, loss of home, natural disaster, divorce, separation from family and more. LCFS focuses on helping people recover from trauma by using the individual(s) as a guide to determine what that means.

### **Counseling often involves:**

- Working through unresolved issues
- Developing new and more effective ways of coping
- Discovering options for problem-solving
- Facilitating clear communication
- Building and strengthening relationships
- Helping people manage & create life goals

## COMMUNITY COUNSELING SERVICES

LCFS provides community counseling services for those individuals/partners/ children who are in need of therapeutic services. For all of us, there are times in our lives when we all need someone with whom wish to talk. For some, a family member, a friend, a clergy, and others are listening ears. However, there are times when we need professional assistance. LCFS has qualified counselors who can assist.

Counseling can help anyone facing challenges in their lives such as:

- Reactions to trauma
- Depression
- Anxiety
- Poor educational success for our children
- Children demonstrating unusual behavior
- Marriage conflict

## LCFS COUNSELORS

LCFS counselors bring a wealth of professional experience. They hold masters' degrees in counseling, psychology, social work or allied fields and receive ongoing clinical training and supervision. Our counselors are also trained in trauma-informed therapy, have an understanding of how trauma affects the lives of those it touches and utilize evidence-informed interventions. They are dedicated to reaching out with care and compassion.

“LCFS gave me the tools I need in my life that I didn't use before.”

— LCFS COUNSELING RECIPIENT

