

Counseling

Caregivers deserve a safe space where they can talk through the challenges of caregiving with a professional who understands their unique experience.

To learn more about counseling services, please call our office at 714.446.5030.

OUR SERVICES ARE FREE TO FAMILY CAREGIVERS.

The feelings caregiving brings up, such as guilt, grief, resentment, and love, deserve more than a quick conversation. Ongoing counseling gives caregivers a consistent, confidential space to be honest about their caregiving experience.

What to Expect:

- One-on-one support with a licensed counselor
- Opportunities to process the emotional weight of caregiving without judgment
- Support from a counselor who understands the unique pressures caregivers face
- Referrals to professionals when additional or specialized support is needed

“[My Family Consultant] has been a great counselor and advisor, also alerting me to resources I was unaware of.”
- CRC OC Caregiver



Connect with us to register as a client and get started: caregiveroc.org