

# DIOCESE OF AUSTIN

## FAMILY LIFE RESOURCE CONTACTS

**Individual and Marriage Counseling:** The Family Counseling and Family Life Office offers marriage and family counseling and counseling in English and Spanish for children, adolescents, and adults. The office is staffed by a Licensed Psychologist, Licensed Professional Counselor (LPC) and Licensed Marriage and Family Therapist (LMFT), and several graduate-level Marriage and Family Counseling Interns who counsel under the supervision of on-site licensed professionals. All counseling is billed on a fee-for-service basis, and a sliding fee scale, based on family size and income, is available for families in financial need. In addition, we offer referrals to local Catholic-friendly therapists for those who live outside the Austin metro area or for those who wish to use private insurance.

For more information, contact: Lupe Garcia, LPC, LMFT, Counseling Supervisor, Family Counseling and Family Life Office, Diocese of Austin Pastoral Center, P.O. Box 15405, Austin, TX 78761, (512) 949-2495, or [lupe-garcia@austindiocese.org](mailto:lupe-garcia@austindiocese.org).

**Marriage Enrichment:** The following organizations provide marriage enrichment in English and Spanish in the Diocese of Austin:

*Retrouvaille* – [www.retrouvaille.org](http://www.retrouvaille.org)  
*Worldwide Marriage Encounter* – [www.wvme.org](http://www.wvme.org)

**Marriage Preparation:** The Family Counseling and Family Life Office offers training to parish and deanery teams so they can implement the diocesan marriage preparation program, *Together in God's Image*, in their parish or deanery. The program is available to parishes in English and Spanish. The diocese also presents a limited number of Together in God's Image retreats and classes to assist parishes who do not yet have a Together in God's Image Program running in their parish or deanery. The diocesan office also offers the FOCCUS or PREPARE assessments for couples preparing at parishes who do not yet have trained facilitators for these assessments.

For more information, contact: Lynda DeGroot, Administrative Assistant for Family Counseling and Family Life, Diocese of Austin Pastoral Center, P.O. Box 15405, Austin, TX 78761, (512) 949-2495, or [lynda-degroot@austindiocese.org](mailto:lynda-degroot@austindiocese.org).

**Natural Family Planning:** The following organizations are approved to offer education in Natural Family Planning in English and Spanish to Catholic couples in the Diocese of Austin:

*Billings Ovulation Method* – contact Tricia Churchill (512) 382-0497  
*Couple to Couple League* (Sympto-Thermal Method) – contact Robert Tavarez, (512) 258-9304  
*Creighton Model Ovulation Method* – Contact the FertilityCare Center of Central Texas (512) 474-2757

**Pastoral Care Volunteer Training:** The Family Counseling and Family Life Office conducts trainings for parish leaders in serving as first points of contact for parishioners in crisis and referring to counseling or other services as needed, setting up ministries for divorced and separated persons or those who are grieving the death of a loved one, and conducting parenting classes and support groups. Those who take these trainings should do so with the knowledge and approval of their pastors.

For more information, contact: Dr. Joseph White, Licensed Psychologist, Director, Family Counseling and Family Life Office, Diocese of Austin Pastoral Center, P.O. Box 15405, Austin, TX 78761, (512) 949-2493, or [joseph-white@austindiocese.org](mailto:joseph-white@austindiocese.org).