

Free Support Program

for California parents, families,
and caregivers of a person with
special needs



Private & Confidential • English/Spanish/ASL



**12 weekly sessions
worth \$2,000 (yours free)**

*Sponsored by University of Southern California (USC)

Through this **FREE** program, California residents can receive 12 weekly sessions (3 months or more) of professional counseling for families & caregivers that have a child or adult with special needs.

USC Telehealth is a professional online counseling center through the University of Southern California (USC). Since 2012, we have helped over 1,000 families/caregivers obtain effective new skills to reduce stress, strengthen relationships, and improve quality of life.

Receive services at home with:

- **Computer** (less than 4 yrs old)
- **Webcam**
- **Internet**



- Caring for one with special needs
- Sibling behavioral issues
- Stress, depression, anxiety
- Caregiver burnout
- Coping with injury/illness
- Improving quality of life
- Family counseling
- Couples therapy
- Financial pressures
- Work/life balance
- Grief and loss
- More...

Please note that we are not able to provide services directly to individuals with special needs. We support the parents, family, and caregivers of these individuals as part of our continuing mission to give back to the community.

***Must be referred
by TCRC Service
Coordinator**



**Help is available!
(866) 740-6502**

USC Telehealth
www.usctelehealth.com

