



A CCCHAPS RESOURCE

A Quiet Conversation, On Your Terms.

What to expect from a chaplain conversation.

If your employer offers chaplain support and you're wondering what it actually is, this short guide is for you. It explains what's offered, what's optional, and what stays private — so you can decide if (and when) it's useful.

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Six things worth knowing.

Practical, executive-friendly notes.

■ **It's a conversation, not a service.**

There's no form to fill out, no diagnosis, no plan. You talk; the chaplain listens and responds — for as little or as long as is useful.

■ **It's confidential.**

What you share stays with the chaplain. Your manager, HR, and leadership do not get a transcript or a summary. The only exceptions are immediate safety concerns, and those would be discussed openly.

■ **It's voluntary.**

You opt in. You opt out. You can stop talking mid-conversation. Nothing is logged about whether or how often you engage.

■ **It's not religious unless you want it to be.**

A chaplain's job is presence — listening, holding space, offering perspective. Faith conversations are welcome but never assumed.

■ **It's not therapy or counseling.**

If clinical care would help, a chaplain can quietly help you find it. But the conversation itself is non-clinical and informal.

■ **It can be about anything.**

Work stress. A loss in the family. A hard season at home. A decision you're sitting on. There is no 'too small' and no 'too much.'

If something on your mind has been there longer than it should — that's a conversation worth having.

BEGIN A CONVERSATION

Schedule a confidential consultation.

A 20-minute exploratory call. Confidential. Never a pitch.

ccchaps.com/request-consultation