

# BSSD MFT Practicum Site List

2009 - 2010

## Alpha Counseling

**Contact:** Dr. Barry Bernnasconi  
North Park Youth and Family Resource Center  
4069 30th St, San Diego, CA 92104  
**(619) 285-9999**  
[www.alphaofsandiego.org](http://www.alphaofsandiego.org)

City Heights Youth and Family Resource Center  
3878 43rd St San Diego, CA 92105  
**(619) 280-9722**

**Alpha of San Diego, Inc.** is a **non-profit** social services agency located in San Diego, California, which does business as Alpha Youth and Family Resource Center. Since 1972, Alpha has been dedicated to helping the diverse community of Mid-City to help themselves by providing guidance, training, and supportive services. Alpha continues to serve the community by providing youth diversion, family problem-solving, and by meeting immediate needs for food, housing, and other human services.

### **Counseling Programs**

Alpha of San Diego has provided over 20 years of counseling and therapy services to residents of San Diego County. We provide contracted services to three local schools, where counseling and vision screening are done. We are also a CPS and Court approved agency which caters to mostly low-income individuals and families.

Our Counseling fee is on a sliding scale, based on the family's gross monthly income and the number of people in the family. For lower income brackets, that *usually averages* about \$20.00 per session. The sessions are approximately 50 minutes long.

### **Alpha's counseling programs consist of the following**

#### **Individual Counseling**

We offer Individual, Children, Couples and Family counseling services. The payment is based on a sliding scale fee based on income. At times we have counselors who speak other languages. Please call to see if counseling is available in your language and to schedule counseling appointments.

**Additional Counseling Services:** Addictions, Aging Parents, Anxiety, Chronic / Serious Illness, Depression, Domestic Violence, Grief Recovery / Bereavement, Life Transitions, Parent-Child Conflicts, Peer Pressure, "Prepare for Marriage", Relationship Difficulties, Self-Esteem, Separation/Divorce, Sexual Problems, and School Problems.

#### **Anger Management**

This is a five week, 10 hours court certified Anger Management group. At the completion of a group, a certificate is granted.

#### **Parenting Classes**

A ten-week court certified course to help parents with basic parenting skills. Parents Way starts any Thursday from 6:30 - 7:30pm. The fee for a 10 week class is \$55.00. There must be an intake

appointment before attending the class. A certificate of completion is given at the end and is CPS and Court approved.

### **Aurora Behavioral Health**

**Contact: Dr. Lewis Heit**  
11878 Avenue of Industry  
San Diego, 92128  
858-487-3200  
888 -565-4228  
[www.aurorasandiego.com](http://www.aurorasandiego.com)

Our goal is to provide a friendly, safe, patient-focused environment that is generously staffed with well-trained mental health professionals who are dedicated to providing mental health treatment to children, adolescents, adults and seniors. Our 24-hour a day, seven-day a week facility offers full-time, part-time and per diem clinical and support positions for over 200 employees.

\*\*Practicum student needs to be highly self-motivated to be able to handle the fast paced work environment.

### **Bonita Valley Community Church**

**Contact: Pastor Enrique Dominguez**  
4744 Bonita Road  
Bonita, CA 91902-1523  
619-475-8000  
[pastorenrique@bonitavalley.com](mailto:pastorenrique@bonitavalley.com)

*Our mission* at Bonita Valley Community Church is to help people make the greatest discovery of their life; we want to help people discover the reason for their life.

### **Children's Hospital**

[www.ChadwickCenter.org](http://www.ChadwickCenter.org).

**Contact: Chadwick Center for Children and Families**  
**Iby Kantor, Ph.D.**  
3020 Children's Way, MC 5014  
San Diego, CA 92123  
[IKantor@chsd.org](mailto:IKantor@chsd.org)  
858-576-1700

The Chadwick Center for Children and Families at Children's Hospital and Health Center offers programs that provide for the prevention, identification, treatment and rehabilitation of neglected and abused children and women impacted by domestic violence. Using multiple medical, social and therapeutic approaches, special focus is placed upon evidentiary, prevention and specialized support programs for victims and witnesses to trauma.

The Chadwick Center offers a wide variety of comprehensive services that include:

- Family Support Services
- Forensic and Medical services
- Trauma Counseling Services
- Professional Education Services

- National Call to Action
- Kids and Teens In Court Program
- Child Maltreatment Research Center

## **College Avenue Baptist Church**

[www.cabc.org/](http://www.cabc.org/)

4747 College Avenue  
San Diego, CA 92115  
619-582-7222

**Contact: Dr. Jim Smith, Pastor of Family Care**

### **Creative Arts Program**

Art/Music/ and Poetry Therapy

1 on 1 with patients

**Contact: Mica Togami, CPE Supervisor**

858-939-4709

[mica.togami@sharp.com](mailto:mica.togami@sharp.com)

## **Door of Hope**

[www.sandiego.salvationarmy.org](http://www.sandiego.salvationarmy.org)

2799 Health Center Drive  
San Diego, CA 92123  
858-279-1100

**Contact: Donna Gold, Director of The Haven**  
**858-279-1100**

## **The Haven**

The Haven Program is a long term residential treatment group home for pregnant and parenting teens and their babies. Here young women learn how to parent their infants while growing in personal, emotional, and spiritual strength. They learn structure and they grow with their babies in this nurturing environment. Program activities and groups are conducted in a newly renovated, child friendly atmosphere, where families, visitors, and guests are welcome. The Haven has two units with a total of 20 beds for pregnant and/or parenting teens and their children.

## **Elizabeth Hospice**

<http://www.elizabethhospice.org/>

150 West Crest Street  
Escondido, CA  
760-796-3750

**Contacts: Nerice Kaufman, M.Div., LMFT**

Bereavement Coordinator

AAMFT Approved Supervisor

[nlkaufman@elizabethhospice.org](mailto:nlkaufman@elizabethhospice.org)

**Lynn Gary LMFT - (760) 737-2050**

You may fax a resume and cover letter to (760) 796-3783 or send via e-mail to:

[LBGary@elizabethhospice.org](mailto:LBGary@elizabethhospice.org)

"We encourage people to live, really live, before they die. People think that Hospice is about dying, but it's really about celebrating life."

*Betty Bulen, Founder The Elizabeth Hospice*

The Elizabeth Hospice is a fully certified, non-profit agency, serving the North County community since 1978. We provide pre-bereavement and bereavement services to patients and their families when a member is experiencing loss, or facing a serious or life-limiting illness. We also provide family counseling when a member is facing a difficult change, life transition, or has been newly diagnosed with an illness, not necessarily deemed terminal.

Our Practicum Program provides Trainees with 25-hours of initial training on grief, loss and end-of-life issues. Ongoing monthly trainings will include various related subjects such as trauma; play therapy; diagnosing; legal and ethical issues; crisis interventions; using expressive arts; and treatment preferences for people of different ages, life stages and cultural backgrounds. Trainees will have the opportunity to counsel adults, children, adolescents, couples, families and co-facilitate grief groups. Counseling may take place in a school, the client's home, hospital or residential care facility.

Individual and group supervision is provided weekly by an AAMFT-Approved Supervisor. Internships are one year in length, and require between 10 - 20 hours per week. We provide a supportive learning environment, friendly staff and flexible work hours. We prefer to accept Trainees in January, June and late August, but may make exceptions.

### **Episcopal Community Services**

4305 University Ave, 4<sup>th</sup> Floor

P.O. Box 33168

San Diego, Ca 92163

619-228-2800

<http://www.ecscalifornia.org/>

**Contact: Betsy Knight, LMFT**

619-454-1915

[BKnight@ECSCalifornia.org](mailto:BKnight@ECSCalifornia.org)

ECS is a dynamic, multi-cultural organization serving people in poverty. ECS maintains twenty programs addressing homelessness, unemployment, addiction, mental illness, domestic violence, and children's care and education in San Diego and Riverside Counties.

Assisting individuals through the difficult transition from the aftermath of violent crime or a life of dependence, mental illness, unhealthy relationships, homelessness, and/or substance abuse, to one of greater self-sufficiency.

### **Family Focus Christian Counseling**

<http://www.familyfocuschristiancounseling.org/>

**Contact: Charlie Long, LMFT**

500 Fesler Street, Suite 208

El Cajon, CA 92020

619-462-0199

619-244-9606, voicemail

Counseling Services - Family Focus Christian Counseling has qualified professional Christian counselors who provide hope and help to individuals struggling with issues such as:

- Divorce/Separation
- Anger
- Abuse
- Blended Family Issues
- Depressions
- Anxiety
- Panic Attacks
- Loss of Interest in Life
- Peer Issues
- Trauma
- Grief
- Homosexual Issues
- Spiritual Issues
- Domestic Violence
- Sexual Abuse
- Fear
- Child and Adolescent Therapy
- Marriage and Family
- Premarital Counseling
- Recovery/Childhood Abuse
- Drug and Alcohol Issues
- Co-dependency
- Testing and Evaluation

## **Family Justice Center**

### **Victims of Domestic Violence**

<http://www.sandiegofamilyjusticecenter.org>

**Contact: Kimberly Pearce , Director of Client Services**

707 Broadway, Suite 700

San Diego, CA

619-533-6074

[kpearce@sandiego.gov](mailto:kpearce@sandiego.gov)

The San Diego Family Justice Center, the largest center of its kind in the United States, provides help and hope to victims of family violence and their children. Every day, those hurt by family violence, child abuse, elder abuse, and sexual assault (including victims with disabilities) find safety, protection from their abuser, legal help, counseling, food, clothing, spiritual support, medical assistance, and so many other free services from the center's 200 caring professionals and volunteers.

*Mainly groups. Must find your own supervisor. Try Barbara Barrett, LCSW : 858-279-6721 and if she can not she might recommend someone to you.*

## **Grossmont High School MFT Practicum/Internship**

Great for relationship hours. Nice bonus: it's a paid job, which is rare for practicum.

Hours: During school year, Monday-Friday, 8am - 2pm or 3pm. Three days per week preferred (may be negotiable to 2? days).

Location: Santee area. Counseling offices in school.

Pay: Minimum Pay (\$7.50 or \$8.00/hr)

Clients: High school students with behavioral and emotional problems (act out, depression, anxiety, ADHD, violence, suicidal, gender issues, etc). Almost all male. 60% Caucasian, 40% other ethnic groups, almost no Asians. Each counseling session is 15 - 45 mins.

Interns: Currently they have 6-8 MFT Trainees/Interns and 2-3 on the waiting list. They're accepting applications from both MFT Trainees and MFT Interns. Any qualified applicants should apply and will be put on the waiting list.

Supervision: Individual and group. Can be daily if needed (e.g. daily 15 mins discussion with supervisor).

**Contact:** Email resume to  
Tim Murphy, Clinical Supervisor  
tbm@sdfutures.com  
619-666-1249  
<http://sandiego.craigslist.org/csd/hum/678055050.html>

## **Homestead School**

**Grossmont Union Schools**

<http://www.guhds.net/>

Grossmont Union High School District: Homestead

10435 Chubb LN  
Santee, CA 92071  
(619) 596-3682

**Contact:** **Tim Murphy, Director of Counseling**  
[tbm@sdfutures.com](mailto:tbm@sdfutures.com)  
619-666-1249

## **Harmonium**

<http://www.harmonium-inc.org>

**Counseling Main Office**

10717 Camino Ruiz, Suite 104  
San Diego, CA 92126  
Tel: (858) 566-5740  
Fax: (858) 566-6430

East County Project (Counseling Services, Juvenile Diversion)

Chaparral High School

1600 N. Cuyamaca Street  
El Cajon, CA 92020  
619-743-7035

**Contact:** **Tracy Wutzke, Counseling Program Director**  
10717 Camino Ruiz, Suite 104  
San Diego, CA 92126  
Tel: (858) 566-5740 x130  
Fax: (858) 566-6430  
[twutzke@harmoniumsd.org](mailto:twutzke@harmoniumsd.org)

Today, Harmonium has evolved into a modern, multi-dimensional human care organization with a broad range of counseling, juvenile delinquency prevention, childcare, youth and innovative education programs. Our agency serves the San Diego region including the central and outlying areas of the County from Oceanside to San Ysidro, from Pacific Beach to Alpine and Jamul. Our offices are on many school campuses and in police stations and community organizations.

### ***Services Include:***

- Individual, Group and Family Counseling
- Psychological Testing and Assessment
- High-Risk Juvenile Diversion

- Drug and Alcohol Treatment
- Anger Management
- Parent Education & Support Services
- Parenting Classes
- Family Visitation
- Life Skills
- Youth Leadership & Education

### **Home Start** (Interns Only – No Trainees)

<http://www.home-start.org/>

**Contact:**       **Laya Davis, Program Manager of Mental Health**  
 5005 Texas Street, Suite 203  
 San Diego, CA 92108  
[LDavis@home\\_start.org](mailto:LDavis@home_start.org)  
 619-692-0727

Home Start's counselors offer parental coaching and evidence-based therapeutic services. They also address the conditions that place children in risky or abusive situations - poverty, mental illness, unsafe neighborhoods, lack of affordable housing and unemployment - coupled with addressing individual self-sufficiency and emotional needs. Services are primarily home-based and provided free of charge to ensure they are accessible to San Diego's neediest children and families.

### **Hospital Chaplain Programs**

Clinical Pastoral Education

300 hours clinical training/100 hours supervision

4 CPE Credits, 10-11 weeks, 8am-5pm, followed by 1 year internship.

Department of Spiritual Care and Education. An accredited program for the Association for Clinical Pastoral Education. We offer Clinical Pastoral Education units of professional training to lay ministers and clergy. If you would like to get more information about CPE, please check their national website: [www.acpe.edu](http://www.acpe.edu) <<http://www.acpe.edu>> . There are several other CPE centers in our area: Vitas Innovative Hospice, Center For Urban Ministry, VA in La Jolla and the Children's Hospital that offer similar training

### **Interfaith Community Services**

<http://interfaithservices.org/>

**North County:**

**Contact:**       **Tracy Chester, LCSW**  
 Director of Counseling  
 Vista, CA  
 770-520-8306

### **Transitional Youth Academy**

2195 Oceanside Blvd.

Oceanside, CA

760-721-2117

**Contact:**       **Loreene Ibbetson, LCSW**  
[Lbbetson@interfaithservices.org](mailto:Lbbetson@interfaithservices.org)

## **Koinonia Foster Homes, Inc.**

<http://www.kfh.org/>

**Contact:** Tanya McClean-Nichols, District Administrator  
3914 Murphy Canyon Rd. Suite A106  
San Diego, CA 92123  
858-573-6930  
[TMClean@kfh.org](mailto:TMClean@kfh.org)  
Bethel Alumni

Koinonia Foster Homes is a state-licensed, non-profit organization known as a foster family agency. Koinonia works in cooperation with county social service agencies who remove children from their homes due to abuse and neglect, and then refer them to private agencies like Koinonia to be placed in a foster home. These foster families have been screened, trained and certified by Koinonia's professional staff. Once placed in a foster home, these children receive the love and support of a committed Koinonia foster family, along with professional counseling and other treatment services provided by master's level clinical staff.

Koinonia provides a variety of services for children and young people, including treatment foster care and level 12 residential group home care in California.

## **Life Spring Center**

<http://christiancounseling.cc/>

**Contact:** Aaron Reinicke  
2333 Camino Del Rio South, Suite 250  
San Diego, CA 92108  
619-298-8722, ext. 101  
[Aaron@christiancounseling.cc](mailto:Aaron@christiancounseling.cc)

Non-profit practice under Reinicke Counseling Associates that provides treatment to individuals that cannot afford traditional therapy. Similar to a private practice with offices in Mission Valley, Rancho Bernardo, Carlsbad, Temecula, and area churches.

## **La Maestra Family Clinic**

<http://www.lamaestra.org/>

## **Los Ninos**

<http://www.losninosinternational.org/>

## **Lutheran Social Services**

<http://www.lsssc.org/>

## **Mental Health Systems – Venture Day Treatment**

<http://www.mhsinc.org/>

## **Mental Health Systems, Inc.**

Biopsychosocial Rehabilitation

<http://www.mhsinc.org/>

## **New Life Counseling Center**

[NewLifeCtr@fumcsd.org](mailto:NewLifeCtr@fumcsd.org)

First United Methodist Church of San Diego  
2111 Camino del Rio South  
San Diego, California 92108

**Contact:** **Greg LaDue, LMFT**  
619-297-2571, ext. 132  
[GLaDue@fumcsd.org](mailto:GLaDue@fumcsd.org)

The New Life Counseling Center, as an outreach of the United Methodist Church (Mission Valley), is dedicated to providing a safe place for counseling, guidance and education that brings healing, reconciliation and hope during times of personal and family crisis and when our spiritual journey requires direction, education and/or healing. The New Life Counseling Center expands the pastoral care ministry of the Church by being a caring presence and a living reminder of God's love. The center staff has years of professional experience and dedication in the mental health and spiritual growth fields. We are dedicated to providing sound psychotherapy and guidance from a Christian perspective to you and your family. Because First Church is committed to marriages and not just to performing weddings, the Center offers a comprehensive pre-marital counseling package to all couples being married at this or any other church. Our goal is to provide couples the insight and tools to navigate their married life together in a mutually respectful and satisfying way.

## **North County Lifeline, Inc.**

<http://www.nclifeline.org/>

**Contact:** **Dr. Denise Howard**  
[DHoward@NCLifeline.org](mailto:DHoward@NCLifeline.org)  
200 Michigan Avenue  
Vista, CA 92084  
760-726-4900, ext 210  
760- 726-6102 (FAX)

Lifeline offers a full range of counseling services. Lifeline counselors are professional and responsive to critical life issues such as grief and loss, depression, and anxiety. Our counselors can also assist families with today's challenging parent-child, couple, and extended family relationship issues. Most services are also available in Spanish. Individual, couple, family, and child counseling are provided.

## **North County Interfaith**

<http://interfaithservices.org/>

## **San Diego Center for Children**

Ingrid Kohn Paymar, LCSW, Program Manager  
7339 El Cajon Blvd., Suite K  
La Mesa, CA 91941  
(619)668-6200  
[ipaymar@sdcnet.org](mailto:ipaymar@sdcnet.org)

## **Palomar Family Counseling**

<http://www.palomar.edu/healthservices/community/counsel.html>

## **Rainbow Project**

The Rainbow Project uniquely tailors its mental health services to increase access for ethnic minorities at Gompers Secondary School, Lincoln High School, and the following elementary schools: Edison, Rosa Parks, Chollas, Horton, Johnson, Kennedy, Knox, Meade, and Webster. Students who suffer from mental health problems are referred to Rainbow's outpatient clinics located at school sites. Services include mental health assessments, psychiatric evaluations, family & individual therapy, support groups, case management, crisis intervention, medication management, community outreach and education in the classrooms.

Language Capabilities:

Cambodian, Spanish, Tagalog, English, Arabic, and French

Contact: 1031 25th Street San Diego, CA 92102

(619) 232-6454

## **Ronald McDonald House Charities**

<http://www.rmhcsd.org/>

## **San Diego Center for Children Special Families Foster Care and Adoption**

<http://www.centerforchildren.org>

## **San Diego American Indian Health Center**

<http://www.sdaihc.com/>

## **Salvation Army Door of Hope Transitional Living Center**

[http://www.salvationarmyusa.org/usw/www\\_usw\\_sdm.nsf/stc-vw-sublinks/71F052CD22FC5ABA88256ED300013B4B?openDocument](http://www.salvationarmyusa.org/usw/www_usw_sdm.nsf/stc-vw-sublinks/71F052CD22FC5ABA88256ED300013B4B?openDocument)

## **San Diego Hospice**

<http://www.sdhospice.org/>

Training cycles begin in **January, May and August.**

**For more information, please download our intern flyer or call:**

Nicole Reich, LMFT,

Manager Bereavement Intern Program

4311 3<sup>rd</sup> Avenue

San Diego, CA 92103

619-278-6118

To apply, please submit an intern application via email to [nreich@sdhospice.org](mailto:nreich@sdhospice.org) or by fax to 619-278-6320.

### **Bereavement Intern Program**

At the Center for Grief Care and Education at San Diego Hospice & Palliative Care, we provide assessments, bereavement counseling, and outreach support to families, individuals, couples, and groups of all ages. Counseling and outreach services are provided in our offices in Hillcrest and also in the clients' homes. Our one-year intern program provides over 60 hours of initial training, three hours of weekly clinical supervision from licensed (AAMFT Approved) therapist(s), a mentor program,

continuing education, and a variety of other opportunities. Opportunities include working in our Inpatient Care Center, training with an Art Therapist, partnering with our Children's Program social worker, and facilitating debriefs for clinical staff. Monthly department in-services (including creative arts training) supplement frequent trainings offered by members of our interdisciplinary team.

The counseling intern positions are volunteer. We do provide reimbursement for mileage to home sessions and off-site support groups. We ask for a 12-month commitment from our counselors, and counselors must commit to 25 hours per week. We expect our counselors to actively participate in individual and group supervision every week, and counselors also schedule meetings with Preceptors throughout their internship. We have the ability to provide live supervision as well as videotaping and audiotaping.

### **San Diego Mesa College**

[www.sdmesa.edu](http://www.sdmesa.edu)

(619)388-2600

**Contact: Lupe Gonzalez, Internship Coordinator**

[ggonzale@sdccd.edu](mailto:ggonzale@sdccd.edu)

619-388-2758

7250 Mesa College Drive

San Diego, CA 92111-4998

Counseling is available throughout the year to assist with academic advising (vocational and transfer), career and personal counseling.

### **San Diego Rescue Mission**

<http://www.sdrescue.org/>

P.O. Box 80427

San Diego, CA 92138-0427

(619) 687-3720

**Contact: Lucia DeSoto, LMFT**

P.O. Box 80427

San Diego, CA 92138-0427

619-687-3720, ext. 11950

[ldesoto@sdrescue.org](mailto:ldesoto@sdrescue.org)

#### Men's Program

San Diego Rescue Mission is here to help meet the physical, spiritual and recovery needs of all homeless, poor and addicted men through a 12-month residential rehabilitation program. This program is centered on beginning and/or strengthening a personal relationship with Jesus Christ. This residential program is designed to incorporate a holistic approach to recovery, addressing the needs of the mind, body, and soul.

#### Women's Program

For lasting change, the Women and Children's Center (WCC) provides a long-term residential treatment community program designed to incorporate Biblical principles into the lives of residents. The program provides: Individual counseling, work therapy, clothing, meals and transportation.

### **San Diego Phobia Foundation**

**Contact:**       **Leslie Fadem, LMFT**  
P.O. Box 3191  
La Mesa, CA 91944-3191  
760-944-6334  
[FademMFT@aol.com](mailto:FademMFT@aol.com)

Weekly groups on anxiety, along with weekly group supervision, throughout San Diego County.

### **San Diego Youth and Community Services**

<http://www.sdycs.org/site/PageServer?pagename=home>

**Contact:**       **Laurie Chapman**  
**Executive Director of Clinical Operations**  
3255 Wing Street  
San Diego, CA 92110  
619-221-8600, ext. 229

San Diego Youth & Community Services (SDYCS) is a nationally recognized, comprehensive non-profit organization that has helped stabilize the lives of more than a half-million young people and their families since 1970. Every day we work to fight the tragedies of homeless youth and youth in crisis. We administer our programs from fourteen Centers located throughout San Diego County. Our approach is based on practices that have proven to be effective -- focusing on long-term solutions. Many of our programs are replicated in communities across the nation.

### **Saint Clare's Home**

<http://www.stclarehome.org/OurProgram.asp>

<http://sandiego.networkofcare.org/mh/resource/agency.cfm?pid=SCH%5F61%5F2&ageGrp=All>

#### **Description**

Saint Clare's Home provides transitional housing, mental health counseling, intensive case management, substance abuse treatment, individual and group therapy, educational and employment counseling and referral, life skill classes and other services that assist homeless women in becoming self sufficient. Answering Service 24 hours takes number & gives referrals

### **San Ysidro Health Center**

<http://www.syhc.org/>

### **Senior Community Centers**

<http://servingseniors.org/main.htm>

### **Sharp Hospice Care**

<http://www.sharp.com/services/index.cfm?id=849>

8881 Fletcher Parkway  
La Mesa, CA 91944  
619-667-1900

**Contact:**       **Jean Cruz, Director**  
**Laura Grayson, LCSW , Supervisor**

Sharp Hospice Care provides comprehensive end-of-life care and compassionate support to terminally ill patients who have decided, with the support of their physician and family members, to forego further curative treatment in favor of comfort measures.

### **Sharp Memorial Hospital**

<http://www.sharp.com>

7901 Frost Street  
San Diego, CA 92123

### **South Bay Community Services**

<http://www.southbaycommunityservices.org/>

### **STEPS**

<http://www.mhs.com>

**Contact:**       **Yuka Morica**  
Program Director  
4660 Viewridge Ave.  
San Diego, CA 92123  
858-565-2510

### **St. Vincent de Paul**

<http://www.svdpv.org/program.html>

**Contact:**       **Connie Mullen**  
Mental Health Services  
619-233-8500, ext. 1525

We welcome those in need with open arms – and a list of ground rules that make them responsible for reaching their goals. Accepting the rules demonstrates one’s sincerity to making the most of Village services. A staff member listens to each person or family explain their situation and needs. Clients then learn about our [programs](#), and begin to view their situation in a new light: They begin to look forward. A person can find almost everything at St. Vincent de Paul Village – except an excuse not to succeed. Psychological Counseling, family and group sessions deal with depression, anxiety, relationships, anger, abuse, parenting, and more.

### **Thessalonika Family Services**

<http://www.thessalonika.org/>

P.O. Box 890326  
Temecula, CA 92589  
800-404-5516, ext. 13  
**Contact:**       **Bob Weck, Human Resources Director**  
[bob@thessalonika.org](mailto:bob@thessalonika.org)

Children who have suffered abuse and neglect at home have little hope of escaping the pattern of violence and psychological torment that they have lived with from the time they were born. Even if they are removed from an abusive family environment, the journey through rehabilitative services and foster care, while protecting them from violence, may compound the effects of rejection and loneliness. It is not uncommon for children to experience five or more placements

before they reach their teenage years. Long-term stability is critical to breaking the cycle of abuse and healing the emotional scars resulting from years of mistreatment.

Thessalonika Family Services is dedicated to its mission of providing quality long-term care and treatment for children needing out-of-home services. Three unique programs are provided through Rancho Jireh Foster Homes, Rancho Damacitas Group Home, and the Transitional Living Program that are designed to address the varying needs of these very special young people.

## **Turning the Hearts Center**

**Purpose** - That organization is called Turning the Hearts Center (THC). THC, founded in 2001, grew out of a growing demand to foster programs that empower youth leadership development and strengthen families. We empower youth and families to thrive, and not just survive!

**Mission** - To turn the hearts of youth and families through education, leadership development and family enhancement services.

**Vision** - One day every city in America will have a Turning the Hearts Center where hearts are being turned and lives are being changed.

**Goal** - To motivate, ignite and transform human potential into action and leadership building healthy family relationships.

**Contact:** [info@turningtheheartscenter.org](mailto:info@turningtheheartscenter.org)

Click to contact the THC office

Mailing Address:

Turning The Hearts Center

345 5th Ave

Chula Vista, CA 91910

Phone: 619 691.9643

Fax: 619 691.9649

## **UPAC**

[http://www.upacsd.com/programs\\_mentalhealth.html](http://www.upacsd.com/programs_mentalhealth.html)

Counseling and Treatment Center

5348 University Ave., Ste. 101

San Diego, CA 92102

(619) 229-2999

[info@upacsd.com](mailto:info@upacsd.com)

**Contact:** **Dr. Dixie Galapon, Program Director**

5348 University Ave., Suite 101

San Diego, CA 92105

[dgalapon@upacsd.com](mailto:dgalapon@upacsd.com)

619-229-2999

Center provides outpatient mental health and community services, specifically designed for Asians and Pacific Islanders who experience language and cultural barriers in utilizing mental health services. The Center offers crisis intervention; psychiatric evaluation; individual, marital, family, and group counseling; case management; and medication management for adults suffering from acute or chronic mental health conditions interfering with life functions. Community outreach and education are also provided.

## **Voices for Children**

<http://www.voices4children.com/>

## **Vietnam Veterans of San Diego “Welcome Home” Family Program**

<http://www.vvsvd.net/family.htm>

Residents of the Welcome Home Family Program will work in individual and group sessions with the counseling staff. Areas of focus include:

- Goal Development
- 12-step Programs
- Self-esteem
- Post Traumatic Stress Disorder
- Individual issues
- Self-Disclosure
- Anger Management
- Relationship and Family Problems

## **Women’s Resource Center**

<http://www.womensresourcecenter-wrc.org/index.htm>

Women's Counseling: Women's Resource Center focuses its counseling for victims on:

- Building self-esteem to enhance feelings of adequacy.
- Restoring control over one's situation, renewing hope for the future through the affirmation of the victims abilities to guide and direct their own lives.
- Developing assertiveness.
- Reducing feelings and patterns of isolation.
- Assisting victims in making the abuser accountable and responsible for the violence.
- Motivating victims to plan and implement a violence-free future for themselves and their children.

**Children's Counseling:** Women's Resource Center incorporates specialized services for the children of battered women into its programs of service. This program is designed to enhance a child's adjustment to his or her family's own situation and to promote violence-free life styles. Women's Resource Center 's counseling programs for children focus on:

- Assisting the child to obtain clear, simple, accurate information about domestic violence in general and the reality of their own parent's situation in particular
- Decreasing any acting out or violent behavior
- Reducing their feelings of guilt and responsibility for their parent's situation.

## **Wellness Community Center**

[www.inetworld.net/wellness](http://www.inetworld.net/wellness)

8555 Aero Drive

Suite 340

San Diego, CA 92123

Contact:

Victoria Paris

(858) 467-1065

Fax: (858) 467-1065

### **Mission Statement**

The mission of the Wellness Community is to help people with cancer and their loved ones enhance health and well-being by providing a program of emotional support, education and hope.

**Description**

The Wellness Community provides free psychological and social support as well as educational programs in which cancer patients and their family members learn how to enhance health and well-being.

**YWCA Counseling Center**

<http://www.ywcasandiego.org/>

**YMCA**

[http://yfs.ymca.org/ymcasd\\_fscs.htm](http://yfs.ymca.org/ymcasd_fscs.htm)

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