Low Cost Counseling Resources

Individual, couples, family, and group therapy; psychological and psychoeducational testing; food bank; social services. Assistance with family or marital conflict, domestic violence, depression and other mood disorders, anxiety, trauma-related issues, relationship problems, stage of life adjustment, parenting skills. Fees are income-based sliding scale (\$65-\$200/session). Services available in Spanish. Monday-Thursday 8:00am-8:00pm, Friday 8:00am-5:00pm Intrapsychic (619) 234-7970 3636 Camino del Rio N. #23 San Diego, CA 9210 General individual therapy; court mandated groups: domestic violence (including levels 1 & II), anger management/violent offender treatment, parenting/child abuse. Fees are income-based sliding scale. For more information including scheduling, call Monday-Thursday 10:00am-4:00pm. Jewish Family Services (858) 637-3210 804 Balboa Ava San Diego, CA 9212 Individual, couples, family, and group therapy; case management; employment and career services; food assistance; parenting and youth services; refugee and immigration services. Military families welcome. Groups: hope & help Al-Anon; mood management; parents, families, friends of lesbians & gays; psychotherapy; aging well; bereavement. Accepts insurance otherwise fees are income-based sliding scale (some groups \$0). Day & evening appointments. Center for Community Counseling (SDSU) (619) 594-4918 4283 El Cajon Blvd. #21 Individual, couples, family, and group therapy. Group topics change based on community need. Current group: support for Latina women (in Spanish). Local residents may qualify for in-home services via Community Wellness Response Team (CWRT). Fees are income-based sliding scale. Group fees range from \$2-\$20/session. Services available in Spanish & other languages (based on therapists available). Monday-Thursday 9:00am-8:00pm, Friday 8:00am-8:00pm. Genter Center (619) 692-2077 San Diego, CA 9210 Individual, couples, family, and group counseling to LGBT community members. Information, skills, and support are provid	Catholic Charities	(619) 231-2828	349 Cedar St.
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Individual, couples, family, and group therapy. Group topics change based on community need. Current group: support for Latina women (in Spanish). Local residents may qualify for in-home services via Community Wellness Response Team (CWRT). Fees are income-based sliding scale. Group fees range from \$2-\$20/session. Services available in Spanish & other languages (based on therapists available). Monday-Thursday 9:00am-8:00pm, Friday 9:00am-4:00pm. LGBT Center (619) 692-2077 3909 Centre San Diego, CA 9210 Individual, couples, family, and group counseling to LGBT community members. Information, skills, and support are provided to assist coping with trauma, stress, coming out issues, self-esteem, relationship problems, intimacy problems, bereavement, depression, anxiety, sexual concerns, and addictions. Fees are income-based sliding scale starting around \$25/session. Monday-Thursday 8:00am-8:00pm, Friday 8:00am-5:00pm. Center for Mindful Relationships (619) 354-1005 San Diego, CA 9210 Individual (\$40+/session), couples (\$50+/session), family (\$50+/session), and group therapy. Online therapy available for those that cannot make it to office. Groups: family/friends of those dealing with a physical or mental health issue, survivors of victim loss, anger management (\$25/session), domestic violence (\$25/session). Services available in Spanish. Monday-Friday 9:00am-9:00pm, Saturday 9:00am-3:00pm. No waitlist. Operation Samahan (619) 474-2284 2743 Highland Avaitanial City, CA 9195 Multi-service health center provides primary health care, health promotion and education, and social services to	appointments.		
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support for Latina women (in Spanish). Local residents may qualify for in-home services via Community Wellness Response Team (CWRT). Fees are income-based sliding scale. Group fees range from \$2-\$20/session. Services available in Spanish & other languages (based on therapists available). Monday-Thursday 9:00am-8:00pm, Friday 9:00am-4:00pm. LGBT Center (619) 692-2077 3909 Centre S San Diego, CA 9210 san Die			San Diego, CA 92105
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### Company of the image of the	Response Team (CWRT). Fees are income-l	pased sliding scale. Gre	oup fees range from \$2-\$20/session. Services
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Starting around \$25/session. Monday-Thursday 8:00am-8:00pm, Friday 8:00am-5:00pm. Center for Mindful Relationships (619) 354-1005 San Diego, CA 9210 Individual (\$40+/session), couples (\$50+/session), family (\$50+/session), and group therapy. Online therapy available for those that cannot make it to office. Groups: family/friends of those dealing with a physical or mental health issue, survivors of victim loss, anger management (\$25/session), domestic violence (\$25/session). Services available in Spanish. Monday-Friday 9:00am-9:00pm, Saturday 9:00am-3:00pm. No waitlist. Operation Samahan (619) 474-2284 Taking around \$25/session and social services to the service of t	LGBT Center		San Diego, CA 92103
Center for Mindful Relationships (619) 354-1005 Can Diego, CA 9210 Individual (\$40+/session), couples (\$50+/session), family (\$50+/session), and group therapy. Online therapy available for those that cannot make it to office. Groups: family/friends of those dealing with a physical or mental health issue, survivors of victim loss, anger management (\$25/session), domestic violence (\$25/session). Services available in Spanish. Monday-Friday 9:00am-9:00pm, Saturday 9:00am-3:00pm. No waitlist. Operation Samahan (619) 474-2284 Can Diego, CA 9210 San Diego, CA 9210 Monday-Friday 9:00am-9:00pm; family/friends of those dealing with a physical or mental health issue, survivors of victim loss, anger management (\$25/session), domestic violence (\$25/session). Services available in Spanish. Monday-Friday 9:00am-9:00pm, Saturday 9:00am-3:00pm. No waitlist. Operation Samahan (619) 474-2284 Can Diego, CA 9210 Analysis of those dealing with a physical or mental health issue, survivors of victim loss, anger management (\$25/session), domestic violence (\$25/session). Services available in Spanish. Monday-Friday 9:00am-9:00pm, Saturday 9:00am-3:00pm. No waitlist. Operation Samahan (619) 474-2284 Can Diego, CA 9210 Analysis of the service of the service of those dealing with a physical or mental health issue, survivors of victim loss, anger management (\$25/session), domestic violence (\$25/session). Services available in Spanish. Monday-Friday 9:00am-9:00pm, Saturday 9:00am-3:00pm. No waitlist. Operation Samahan (619) 474-2284 Can Diego, CA 9210	LGBT Center Individual, couples, family, and group coun	seling to LGBT commu	San Diego, CA 92103 unity members. Information, skills, and support are
Individual (\$40+/session), couples (\$50+/session), family (\$50+/session), and group therapy. Online therapy available for those that cannot make it to office. Groups: family/friends of those dealing with a physical or mental health issue, survivors of victim loss, anger management (\$25/session), domestic violence (\$25/session). Services available in Spanish. Monday-Friday 9:00am-9:00pm, Saturday 9:00am-3:00pm. No waitlist. Operation Samahan (619) 474-2284 C743 Highland Available in Spanish center provides primary health care, health promotion and education, and social services to	Individual, couples, family, and group coup provided to assist coping with trauma, stre	seling to LGBT commuses, coming out issues,	San Diego, CA 92103 unity members. Information, skills, and support are self-esteem, relationship problems, intimacy
Individual (\$40+/session), couples (\$50+/session), family (\$50+/session), and group therapy. Online therapy available for those that cannot make it to office. Groups: family/friends of those dealing with a physical or mental health issue, survivors of victim loss, anger management (\$25/session), domestic violence (\$25/session). Services available in Spanish. Monday-Friday 9:00am-9:00pm, Saturday 9:00am-3:00pm. No waitlist. Operation Samahan (619) 474-2284 Pational City, CA 9195 Multi-service health center provides primary health care, health promotion and education, and social services to	Individual, couples, family, and group coun provided to assist coping with trauma, stre problems, bereavement, depression, anxie	iseling to LGBT communities, coming out issues, ety, sexual concerns, and	San Diego, CA 92103 unity members. Information, skills, and support are self-esteem, relationship problems, intimacy and addictions. Fees are income-based sliding scale
available for those that cannot make it to office. Groups: family/friends of those dealing with a physical or mental health issue, survivors of victim loss, anger management (\$25/session), domestic violence (\$25/session). Services available in Spanish. Monday-Friday 9:00am-9:00pm, Saturday 9:00am-3:00pm. No waitlist. Operation Samahan (619) 474-2284 2743 Highland Available in Spanish. Monday-Friday 9:00am-9:00pm, Saturday 9:00am-3:00pm. No waitlist. National City, CA 9195 Multi-service health center provides primary health care, health promotion and education, and social services to	Individual, couples, family, and group coun provided to assist coping with trauma, stre problems, bereavement, depression, anxie starting around \$25/session. Monday-Thur	seling to LGBT commuss, coming out issues, ety, sexual concerns, and standards 8:00pm,	San Diego, CA 92103 unity members. Information, skills, and support are self-esteem, relationship problems, intimacy addictions. Fees are income-based sliding scale Friday 8:00am-5:00pm.
health issue, survivors of victim loss, anger management (\$25/session), domestic violence (\$25/session). Services available in Spanish. Monday-Friday 9:00am-9:00pm, Saturday 9:00am-3:00pm. No waitlist. Operation Samahan (619) 474-2284 Comparison Samahan (619) 474-2284 Comparison Samahan (619) 474-2284 Comparison Samahan National City, CA 9195 Multi-service health center provides primary health care, health promotion and education, and social services to	Individual, couples, family, and group coun provided to assist coping with trauma, stre problems, bereavement, depression, anxie starting around \$25/session. Monday-Thur	seling to LGBT commuss, coming out issues, ety, sexual concerns, and standards 8:00pm,	San Diego, CA 92103 unity members. Information, skills, and support are self-esteem, relationship problems, intimacy addictions. Fees are income-based sliding scale. Friday 8:00am-5:00pm. 2333 1st Ave. #203
Available in Spanish. Monday-Friday 9:00am-9:00pm, Saturday 9:00am-3:00pm. No waitlist. Operation Samahan (619) 474-2284 National City, CA 9195 Multi-service health center provides primary health care, health promotion and education, and social services to	Individual, couples, family, and group coun provided to assist coping with trauma, stre problems, bereavement, depression, anxie starting around \$25/session. Monday-Thur Center for Mindful Relationships	iseling to LGBT commuses, coming out issues, ety, sexual concerns, as asday 8:00am-8:00pm, (619) 354-1005	San Diego, CA 92103 unity members. Information, skills, and support are self-esteem, relationship problems, intimacy addictions. Fees are income-based sliding scale. Friday 8:00am-5:00pm. 2333 1st Ave. #203 San Diego, CA 92101
Operation Samahan (619) 474-2284 2743 Highland Ave National City, CA 9195 Multi-service health center provides primary health care, health promotion and education, and social services to	Individual, couples, family, and group coun provided to assist coping with trauma, stre problems, bereavement, depression, anxie starting around \$25/session. Monday-Thur Center for Mindful Relationships Individual (\$40+/session), couples (\$50+/se	useling to LGBT commuses, coming out issues, ety, sexual concerns, at sday 8:00am-8:00pm, (619) 354-1005	San Diego, CA 92103 unity members. Information, skills, and support are self-esteem, relationship problems, intimacy addictions. Fees are income-based sliding scale. Friday 8:00am-5:00pm. 2333 1st Ave. #203 San Diego, CA 92101 session), and group therapy. Online therapy
Multi-service health center provides primary health care, health promotion and education, and social services to	Individual, couples, family, and group coun provided to assist coping with trauma, stre problems, bereavement, depression, anxie starting around \$25/session. Monday-Thur Center for Mindful Relationships Individual (\$40+/session), couples (\$50+/seavailable for those that cannot make it to compare the couples in the couple of the couples in the couple of the couple	iseling to LGBT commuses, coming out issues, ety, sexual concerns, as asday 8:00am-8:00pm, (619) 354-1005 ession), family (\$50+/soffice. Groups: family/	San Diego, CA 92103 unity members. Information, skills, and support are self-esteem, relationship problems, intimacy and addictions. Fees are income-based sliding scale. Friday 8:00am-5:00pm. 2333 1st Ave. #203 San Diego, CA 92101 session), and group therapy. Online therapy friends of those dealing with a physical or mental
Multi-service health center provides primary health care, health promotion and education, and social services to	Individual, couples, family, and group coun provided to assist coping with trauma, stre problems, bereavement, depression, anxiestarting around \$25/session. Monday-Thur Center for Mindful Relationships Individual (\$40+/session), couples (\$50+/session) available for those that cannot make it to contain the contain th	iseling to LGBT commuses, coming out issues, ety, sexual concerns, and asday 8:00am-8:00pm, (619) 354-1005 ession), family (\$50+/soffice. Groups: family/soffice. Groups: family/soffice. (\$25/se	San Diego, CA 92103 unity members. Information, skills, and support are self-esteem, relationship problems, intimacy addictions. Fees are income-based sliding scale. Friday 8:00am-5:00pm. 2333 1st Ave. #203 San Diego, CA 92101 session), and group therapy. Online therapy friends of those dealing with a physical or mental ession), domestic violence (\$25/session). Services
Multi-service health center provides primary health care, health promotion and education, and social services to	Individual, couples, family, and group coun provided to assist coping with trauma, stre problems, bereavement, depression, anxie starting around \$25/session. Monday-Thur Center for Mindful Relationships Individual (\$40+/session), couples (\$50+/se available for those that cannot make it to chealth issue, survivors of victim loss, anger	useling to LGBT commuses, coming out issues, ety, sexual concerns, and esday 8:00am-8:00pm, (619) 354-1005 ession), family (\$50+/soffice. Groups: family/soffice. Groups: family (\$25/setm-9:00pm, Saturday 9)	self-esteem, relationship problems, intimacy and addictions. Fees are income-based sliding scale Friday 8:00am-5:00pm. 2333 1st Ave. #203 San Diego, CA 92101 session), and group therapy. Online therapy friends of those dealing with a physical or mental ession), domestic violence (\$25/session). Services
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	Individual, couples, family, and group coun provided to assist coping with trauma, stre problems, bereavement, depression, anxie starting around \$25/session. Monday-Thur Center for Mindful Relationships Individual (\$40+/session), couples (\$50+/se available for those that cannot make it to chealth issue, survivors of victim loss, anger available in Spanish. Monday-Friday 9:00ar Operation Samahan	iseling to LGBT commuses, coming out issues, ity, sexual concerns, and isday 8:00am-8:00pm, (619) 354-1005 ession), family (\$50+/stoffice. Groups: family/stoffice. Groups	San Diego, CA 92103 unity members. Information, skills, and support are self-esteem, relationship problems, intimacy addictions. Fees are income-based sliding scale. Friday 8:00am-5:00pm. 2333 1st Ave. #203 San Diego, CA 92101 session), and group therapy. Online therapy friends of those dealing with a physical or mental ession), domestic violence (\$25/session). Services::00am-3:00pm. No waitlist. 2743 Highland Ave. National City, CA 91950

Spanish, Tagalog, Ilocano, Visayan and other Filipino dialects, Laotian, Bengali, and Farsi. Primary care can prescribe medication for depression and anxiety (on case by case basis). Accepts Medi-Cal otherwise fees are income-based sliding scale. Individual therapy: \$45 intake, \$35/session (starting). Monday-Saturday 8:30am-

5:00pm.

Family Health Centers of San Diego	(619) 515-2300	Various San Diego County Locations
Provides numerous services and program	s to address health care	e needs including: individual, couples, and group
therapy; adult and child psychiatry; clinic,	school and home-base	d services; psychological testing for children;
geriatric program. Accepts Medi-Cal and I	Medicare otherwise fee	es are income-based sliding scale. Call for specific
information.		
Center for Community Solutions	(619) 697-7477	460 North Magnolia
		El Cajon, CA 92020
Individual, couples, family, and group the	rapy. Specialize in sexu	al assault and sexual abuse, domestic violence and
relationship violence. Free legal services f	or survivors. Fees are in	ncome-based sliding scale. Services approved for
victims of crime compensation funding. 3	locations: El Cajon, Esc	ondido, Pacific Beach. Services available in
Spanish. Day & evening appointments.	•	
Family Justice Center	(619) 533-6000	1122 Broadway Suite 200
•	, ,	San Diego, CA 92101
More than 25 agencies provide consolida	ted and coordinated les	gal, social, and health services to women, men,
· ·		8:00am-5:00pm. Call for more details: 1-866-933-
HOPE (4673).	,	
South Bay Community Services	(619) 420-3620	430 F St
,	(* - 7	Chula Vista, CA 91910
Individual counles family and group the	rany: housing and sunn	ort services for homeless families; homeless
		ogram; healthy child development services.
	•	se fees are income-based sliding scale. Domestic
•	•	_
•	•	se fees are income-based sliding scale. Domestic Monday-Thursday 8:30am-8:00pm, Friday 8:30am-
Violence Response Team (DVRT) 24/7 hot	•	Monday-Thursday 8:30am-8:00pm, Friday 8:30am-
Violence Response Team (DVRT) 24/7 hot 5:00pm.	line: 1-800-640-2933. N	_
Violence Response Team (DVRT) 24/7 hot 5:00pm.	(619) 229-2999	Monday-Thursday 8:30am-8:00pm, Friday 8:30am- 5348 University Ave. Suite #10 & 102 San Diego, CA 92105
Violence Response Team (DVRT) 24/7 hot 5:00pm. Union of Pan Asian Communities Individual, couples, family, and group the	(619) 229-2999 rapy; assessment; peer	Monday-Thursday 8:30am-8:00pm, Friday 8:30am- 5348 University Ave. Suite #10 & 102 San Diego, CA 92105
Violence Response Team (DVRT) 24/7 hot 5:00pm. Union of Pan Asian Communities Individual, couples, family, and group the	(619) 229-2999 rapy; assessment; peer	5348 University Ave. Suite #10 & 102 San Diego, CA 92105 support; prevention education; case t program; psychoeducational classes; older adult
Violence Response Team (DVRT) 24/7 hot 5:00pm. Union of Pan Asian Communities Individual, couples, family, and group the management; psychiatric medication man	(619) 229-2999 rapy; assessment; peer nagement; employments, Cambodian, Korean	5348 University Ave. Suite #10 & 102 San Diego, CA 92105 support; prevention education; case t program; psychoeducational classes; older adult
Violence Response Team (DVRT) 24/7 hot 5:00pm. Union of Pan Asian Communities Individual, couples, family, and group the management; psychiatric medication man mental health. Services available in Chine	(619) 229-2999 rapy; assessment; peer nagement; employments, Cambodian, Korean	5348 University Ave. Suite #10 & 102 San Diego, CA 92105 support; prevention education; case t program; psychoeducational classes; older adult , Tagalog, Vietnamese. Accepts Medi-Cal
Violence Response Team (DVRT) 24/7 hot 5:00pm. Union of Pan Asian Communities Individual, couples, family, and group the management; psychiatric medication man mental health. Services available in Chine otherwise fees are income-based sliding s	(619) 229-2999 rapy; assessment; peer nagement; employmentse, Cambodian, Koreantscale. Call for hours.	San Diego, CA 92105 support; prevention education; case t program; psychoeducational classes; older adult , Tagalog, Vietnamese. Accepts Medi-Cal
Violence Response Team (DVRT) 24/7 hot 5:00pm. Union of Pan Asian Communities Individual, couples, family, and group the management; psychiatric medication man mental health. Services available in Chine otherwise fees are income-based sliding standard Counseling Center	(619) 229-2999 rapy; assessment; peer nagement; employmentse, Cambodian, Koreantscale. Call for hours. (619) 280-4213	San Diego, CA 92105 t program; psychoeducational classes; older adult , Tagalog, Vietnamese. Accepts Medi-Cal 4060 Fairmount Ave San Diego, CA 92105
Violence Response Team (DVRT) 24/7 hot 5:00pm. Union of Pan Asian Communities Individual, couples, family, and group the management; psychiatric medication man mental health. Services available in Chine otherwise fees are income-based sliding standard Counseling Center Individual, couples, and family therapy. In	(619) 229-2999 rapy; assessment; peer nagement; employment se, Cambodian, Koreant scale. Call for hours. (619) 280-4213	5348 University Ave. Suite #10 & 102 San Diego, CA 92105 support; prevention education; case t program; psychoeducational classes; older adult , Tagalog, Vietnamese. Accepts Medi-Cal 4060 Fairmount Ave San Diego, CA 92105 at \$60 (for first session) and \$35 for following
Violence Response Team (DVRT) 24/7 hot 5:00pm. Union of Pan Asian Communities Individual, couples, family, and group the management; psychiatric medication man mental health. Services available in Chine otherwise fees are income-based sliding standard Counseling Center Individual, couples, and family therapy. In sessions. Couples sessions start at \$90 (for	(619) 229-2999 rapy; assessment; peer nagement; employment se, Cambodian, Korean scale. Call for hours. (619) 280-4213 dividual sessions start and first session) and \$60	San Diego, CA 92105 support; prevention education; case t program; psychoeducational classes; older adult , Tagalog, Vietnamese. Accepts Medi-Cal 4060 Fairmount Ave San Diego, CA 92105 at \$60 (for first session) and \$35 for following for following sessions. 6 free therapy and 4 free
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Violence Response Team (DVRT) 24/7 hot 5:00pm. Union of Pan Asian Communities Individual, couples, family, and group the management; psychiatric medication man mental health. Services available in Chine otherwise fees are income-based sliding start at La Maestra Counseling Center Individual, couples, and family therapy. In sessions. Couples sessions start at \$90 (for psychiatry sessions available for low-inco TAY Academy (SDYS) TAY Academy offers comprehensive servi and self-sufficiency. Includes: skill-develo groups, leadership opportunities, fun acti Vista: (619) 628-2411 746 Ada Street, Chu Counseling Cove (SDYS)	(619) 229-2999 rapy; assessment; peer nagement; employment se, Cambodian, Korean scale. Call for hours. (619) 280-4213 dividual sessions start and individuals with dependent individuals with dependent workshops, fitner vities, and connection of alla Vista, CA 91911. (619) 525-9903 fly, and group therapy than depondent workshops, and connection of alla Vista, CA 91911.	San Diego, CA 92105 at \$60 (for first session) and \$35 for following for following sessions. 6 free therapy and 4 free pression and/or anxiety. Call for more details. 2220 Broadwar San Diego, CA 92105 at \$65 (for first session) and \$15 for following for following sessions. 6 free therapy and 4 free pression and/or anxiety. Call for more details. 2220 Broadwar San Diego, CA 92105 at hages 14-25 on their journey to independence ess, nutrition, and educational classes, support coaches on-site. Contact for similar site in Chula 3427 4th Ave. (2nd floor San Diego, CA 9210)