

# Parent University



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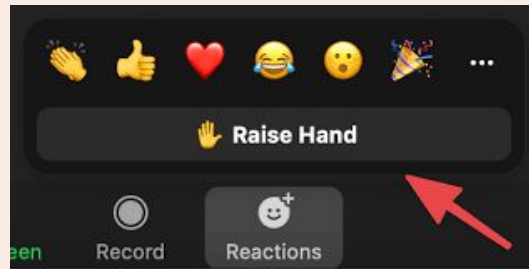
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# Check-In: How are you doing today?



How to add  
it to the chat:



# Introduction to Community Agencies & Agency Share-Out:

*Alternative  
Options*  
Gabrielle Gomez

*Community  
Family Guidance  
Center*  
Evelyn Martinez  
& Marissa Lopez

*The Guidance  
Center*  
Marina Montenegro

*ywca*  
Stephanie Ramos



# **ALTERNATIVE OPTIONS**

**COUNSELING CENTER**

11423 187<sup>th</sup> St. Unit 200

Artesia, CA 90701

## THERAPY SERVICES OFFERED

- Partial Hospitalization Programming
- Intensive Outpatient Programming
- 3 Tracks Available (Mental Health, Eating Disorders, Chemical Dependency)
- Outpatient Therapy

## PARTIAL HOSPITALIZATION PROGRAM

- PHP
- Clients program for 6 hours a day, Monday- Friday
- Individual therapy twice a week
- Meet with Psychiatrist once a week (with parent present)
- Weekly Case Management
- Eating Disorder program includes (meeting with a registered dietician & nurse practitioner; monitored meals)

## INTENSIVE OUTPATIENT PROGRAM

- IOP
- Program 3 hours a day, minimum 3 days per week
- Individual therapy once a week
- Meet with Psychiatrist every other week (with parent present)
- Weekly Case Management
- Eating Disorder program includes (meeting with a registered dietician & nurse practitioner; monitored meals)



## OUTPATIENT THERAPY

- Individual therapy
- Couples therapy
- Family therapy

## INSURANCES ACCEPTED

- In-network with most major insurance providers
- Accept HMO & PPO Plans
- Contracted with Kaiser





Thank You!



Community Family Guidance Center:  
Hillary Sherman

*Anger/Anxiety/Depression*



# Community Resources

- **Alternative Options**

562-921-5701

17326 Edwards Rd Cerritos, CA 90703

Counseling and therapy services, chemical dependency, eating disorder, and behavioral health

- **Community Family Guidance Center**

562-924-5526

10929 South St. Cerritos, CA 90703

Referrals to community resources, parenting counseling and psychotherapy, child abuse prevention and treatment, and school based counseling services

- **ChildNet**

Main: 562-498-5500/ Intake:562-498-7600

4155 Outer Traffic Circle Long Beach, CA 90026

Family and individual counseling

- **Rainbow Services**

310-548-5450

552 W. 7th St. San Pedro, CA 90731

Domestic violence support groups, victim support groups, individual counseling, children's groups, shelters for mothers with children, and legal advocacy

- **Cerritos Psychological Center**

562-860-2210

17215 Studebaker Cerritos, CA 90703

Counseling and therapy services

- **Pathways**

562-531-3031

4645 Woodruff Av. Lakewood, CA 90713

Grief counseling services

# Community Resources

- **Bayfront Youth and Family Services**  
562-595-4525  
900E. Wardlow Rd. Long Beach, CA 90807  
Outpatient mental health services with multiple programs serving children, adolescence, and adults
- **The Guidance Center**  
310-669-9510  
901 W. Victoria St. Compton, CA 90220  
Comprehensive mental health care  
  
562-595-1159  
1301 Pine Ave. Long Beach, CA 90813  
Comprehensive mental health care
- **SCHARP**  
310-631-8004  
2610 Industrial Way Lakewood, CA 90263  
Comprehensive mental health care (school services based on location)

- **LACADA**  
310-548-5450  
552 W. 7th St. San Pedro, CA 90731  
Drug and alcohol services and mental health counseling
- **YWCA**  
562-860-2210  
17215 Studebaker Cerritos, CA 90703  
Counseling services, school based services, sexual assault services and support, hotline, referral to community resources
- **The LGBTQ Center Long Beach**  
562-434-4455  
2017 E. 4th st. Long Beach, CA 90814  
Health services, legal services, mental health counseling, intimate partner violence, older adult programs, youth and family services

# Thanks for Joining!

Do you have any questions?

