



Healthcare Provider Directory

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Directory's Mission

In our effort to provide information to consumers of mental health services in the Sacramento region, we have implemented this user friendly directory of services to provide individuals and families with information to help them on their journey exploring what services and agencies best meet their needs for healing.

Each agency participating in our directory has provided a valuable amount of information including services, fees, resources, and facility accommodations. We are very proud to have a diverse group of agencies participating in our directory, allowing us to provide you with information that helps you through the important process of choosing a provider.

Participating agencies include sliding scale, MediCal eligible, and private pay accepting clinics. Many offer services in various languages, as well as unique approaches and specialties.

Best Wishes for Your Well Being,
Middle Way Health

Asian Pacific Community Counseling
Area: Tahoe Park/South Sacramento
7273 14th Avenue, Suite 120-B, Sacramento, CA 95820
(916) 383-6783
<http://apccounseling.org/>
Intake: By appointment

The neighborhood of Tahoe Park is home to one of the greatest providers of mental health counseling services and resources. With over 35 years of service within its trajectory, the very active and inviting environment of Asia Pacific Counseling is one of the main resources in the Sacramento region serving the Asian Pacific Islander population. Languages and populations served include Cambodian, Chinese, Fijian, Filipino, Hawaiian, Hmong, Japanese, Korean, Laotian, Mien, Samoan, Tongan, and Vietnamese individuals and families.

Asian Pacific Community Counseling offers many services in the community, which include: The Transcultural Wellness Center, Prevention Services for Youth, Access for API Seniors, Parenting classes, and Support Community Connections.

The Transcultural Wellness Center program is the behavioral health component of Asian Pacific Community Counseling. Services are implemented through a culturally relevant approach with professional bilingual staff and a multidisciplinary team. The program includes a comprehensive system of care which consists of psychiatry, case management, counseling, and rehabilitation. Other services offered through the Transcultural Wellness Center consist of medication support and links to other resources for health and wellness, such as:

Housing Assistance
Employment Services
ESL Classes
Counseling and Education on Nutrition
Primary Health Care, Natural Healers
Spiritual Leaders
Acupuncture
Tai Chi
Yoga

Services are provided for all ages and all individuals within the Sacramento region. Individuals eligible for services are Medi-Cal beneficiaries and the uninsured. To receive behavioral health services through the Transcultural Wellness Center program of APCC, Clinical Program Manager Sue Chow encourages potential clients to contact her at the agency's main line - (916) 383-6784, extension 131.

Eligibility	Medi-Cal beneficiaries and uninsured individuals
Fees	
Insurance (for Behavioral Health)	
Private Pay Options	
Sliding Scale	
Specialties	Mental Health and Wrap Around Services
Support Groups	
Community Events	
Programs	Transcultural Wellness Center Community and school based outreach and education Support Community Connections Suicide prevention program Prevention Services for Youth Parenting classes Access for API Seniors
Languages Spoken	Cambodian, Chinese, Fijian, Filipino, Hawaiian, Hmong, Japanese, Korean, Laotian, Mien, Samoan, Tongan, and Vietnamese
Public Transportation	Bus Line 86 and Lightrail Gold Line
Parking	Available on site
Bike Racks	Not available
Wheel Chair Accessible	Yes

Cares Community Health
 Area: Midtown
 1500 21st St, Sacramento, CA 95811
 (916) 443-3299

<http://www.carescommunityhealth.org/about-us>

Intake: By appointment

Patients at Cares Community Health have access to a comprehensive array of services, including primary care, dental care, behavioral health, psychiatry, nutrition, a full service pharmacy, and infectious disease care. These comprehensive services are all provided in one location on 21st Street.

Care Community Health system provides patients with behavioral health services, which include:

- Counseling and Therapy
- Psychiatry
- Substance Abuse Counseling

Counseling and Therapy specialties include individual counseling, couples and family therapy, psychotherapy groups, health and behavioral services, support groups, and dialectical behavioral therapy. Psychiatry services provide both psychiatric diagnosis and medication management. Substance Abuse Counseling services provide individual and group counseling, buprenorphine treatment, detox and residential treatment referrals, and free smoking cessation classes.

To explore your eligibility to receive care at Cares Community Health, please contact (916) 443-3299.

Eligibility	Cares Community Health Patients
Fees	Determined by provider
Insurance (for Behavioral Health)	Medicaid and Private Insurance
Private Pay Options	
Sliding Scale	Determined by need
Specialties (Behavior Health Services)	Individual counseling, couples and family therapy Psychotherapy groups Health and behavioral services Support groups

	Dialectical behavioral therapy Psychiatry services Substance Abuse Counseling services, residential treatment referrals, and free smoking cessation classes
Support Groups	
Community Events	
Programs	
Languages Spoken	Spanish
Public Transportation	Bus lines 62, 38
Parking	Available parking lot and on street metered parking
Bike Racks	Yes
Wheel Chair Accessible	Yes

Gender Health Center
Area: Midtown
2020 29th Street #201, Sacramento CA 95817
(916) 455-2391
<http://www.thegenderhealthcenter.org/index.html>
Intake: By appointment

Since opening their doors four years ago, the Gender Health Center has been a beacon of light, contributing mental health services to the LGBTQ community of Sacramento. The center was initiated through social justice efforts to meet the needs of the Transgender community, who endure various challenges and discrimination in seeking care. Of the Gender Health Center's many strengths, their professional services and cultural competency are essential in providing clients and families with care that is socially conscious and creates a process for healing. While the Gender Health Center provides programs and treatment for the LGBTQ community, they offer mental health services to all individuals throughout Sacramento.

Mental health counseling is the primary service provided at the GHC. The center now includes case management powered by a team of dedicated social workers.

The following services are offered to the community on a sliding scale system, determined by income and need:

Counseling services: GHC offers counseling services focused on client based narrative therapy approaches, aiding clients in discussing their personal stories while seeking to identify their strengths in working through the various challenges.

Advocacy Program: Advocacy services meet on a weekly or bi-weekly basis, offering a client centered approach in connecting to services offered by GHC. These programs include name and gender change paperwork assistance, Covered California outreach and education, and the economic empowerment program.

Change is Good-Name and Gender Change Support: This service helps individuals in changing their name and gender on court paperwork and identity documents, such as one's passport, driver license, birth certificate, passport and social security changes. Advocates provide clients with useful legal information regarding the name and gender change paperwork process.

Scripts-Hormone Clinic: This service provides a low cost program for individuals seeking hormone treatment. Interested clients are encouraged but not required to work with GHC counselors, participate in a support group, or have some type of support system while in the transition process. Clients are encouraged to bring in previous blood work records or previous hormone prescriptions. If individuals do not have these records, clinic doctor will send clients to access lab work, then will prescribe hormones once the results are received.

Clinic is available the 1st and 3rd Friday of each month, from 6pm-9pm at the Gender Health Center; \$5 donation (or more) per visit.

Legal Health Clinic: Health care advocates from Legal Services of Northern California offer legal aid for individuals. Services include information on navigating the health care system, understanding individual health care coverage, knowing your health care rights, appealing denials of medically necessary care, and eligibility for other health care programs.

Currently services are offered in English and Spanish, however, the agency is dedicated to working with individuals to connect them with the proper agencies to meet their language needs. The staff are very helpful and provide assistance in connecting potential clients to the right services. To inquire information about services, call the enthusiastic staff of the Gender Health Center at (916) 452-2391.

Services providers may always contact the GHC center prior to making a referral, otherwise clients are encouraged to call the GHC directly for services.

Eligibility	Private pay, sliding scale fee system
Fees	Determined by need
Insurance (for Behavioral Health)	--
Private Pay Options	Available
Sliding Scale	Available and determined by need
Specialties	Transgender and Lesbian, Gay, Bisexual and Queer services and programs
Support Groups	
Community Events	
Programs	Advocacy Program Change is Good-Name and Gender Change Support Scripts-Hormone Clinic Legal Health Clinic
Languages Spoken	English and Spanish, accommodations can be made for other language needs
Public Transportation	Buslines 67, 68, Lightrail Gold line
Parking	Street parking
Bike Racks	Yes
Wheel Chair Accessible	

HOPE Counseling Center
 Areas: Midtown Sacramento, Folsom, Roseville
 1430 Alhambra Blvd., Suite 200, Sacramento, CA 95816
 (916) 444-2170
<http://www.hope-counselingcenter.org/index.html>
 Intake: By appointment

Located on Alhambra Boulevard, Hope Counseling Center offers a nurturing setting for individuals looking to grow and foster their personal goals. HOPE as an acronym stands for Healthy Outcomes for Personal Enrichment, and the Counseling Center has been open for 8 years under the direction of Darlene Davis. The agency has been meeting their goal in offering affordable care to individuals, children and families, in addition to providing a spa like feel within their very intentionally relaxing and professional settings. The agency has been able to expand, with three offices in Midtown Sacramento, Folsom, and Roseville, and is a Healthy Option for personal enrichment.

Treatment specialties include:

- Individual counseling
- Couples, including Gottman methods of treatment
- Families
- Emotion Focused Therapy
- Trauma Focused
- Drug & Alcohol Counseling
- Eye Movement Desensitization and Reprocessing

Professional services are offered by Master’s level trainees and interns. The clinic runs on a standard sliding scale from \$35-\$90 a session. Currently, the agency has a staff of 20 trainees and interns throughout their three locations. The clinic consists of a very diverse staff of professionals. Services are offered in Spanish, Hinde, Punjabi, Urdu, and Fijian. HOPE Counseling Center does take Victim Witness insurance for individuals eligible. The agency is looking to provide service for MediCal eligible clients in the future.

To get in contact with a clinician or obtain more information regarding services, contact Michelle (10am-3pm, M-F) at (916) 444-2170. Clinicians will contact clients regarding sliding scale fee sessions.

Eligibility	Private pay, sliding scale system
Fees	Determined by need
Insurance (for Behavioral Health)	Victim Witness insurance
Private Pay Options	Available
Sliding Scale	Determined by need
Specialties	Individual counseling for adults or children Couples, including Gottman methods

	of treatment Families Emotion Focused Therapy Trauma Focused Drug & Alcohol Counseling Eye Movement Desensitization and Reprocessing (EMDR)
Support Groups	Chronic Pain group Better Relationship groups
Community Events	
Programs	
Languages Spoken	English, Spanish, Hinde, Punjabi, Urdu, and Fijian
Public Transportation	Varies with site location
Parking	Varies with site location
Bike Racks	Depends on site location
Wheel Chair Accessible	Yes

Holistic Family Services
 Area: Midtown
 2618 J St #1, Sacramento, CA 95816
 (916) 287-1766
<http://www.holisticfamilyservices.com/>
 Intake: By appointment

“Holistic Family Services' mission is to help you walk from brokenness to healing.”

Located nears Midtown’s Marshall Park, Holistic Family Services is a non-profit agency, offering psychotherapy for all individuals. Holistic Family Services is dedicated to meeting each client with the support necessary to help the individual grow and navigate life’s challenges. The professional staff at Holistic Family Services offers various forms of experiences and capacities in working with children, youth, and families.

Holistic Family Services staff includes clinical social workers and a marriage and family therapist. Approaches utilized by clinicians range in specialty, from Art Therapy and Cognitive Behavioral Therapy to Couples Counseling and Dialectal Behavioral Therapy. The agency offers services at \$40-\$80 per session with a trained intern; \$100 with a licensed therapist; group rates listed at \$20-\$40.

To speak privately to a therapist, please contact Holistic Family Services at (916) 287-1766.

Eligibility	Private pay only
Fees	\$40-\$100 depending on service
Insurance (for Behavioral Health)	
Private Pay Options	Determined by need
Sliding Scale	
Specialties	Pre-marital counseling, marriage, re-marriage, divorce, children, adolescents, family issues, sexual integrity Addiction recovery Identity, depression, anxiety, mood issues, ADD/ADHD, borderline personality, obsessive compulsions and other relational problems
Support Groups	
Community Events	
Programs	
Languages Spoken	
Public Transportation	Bus lines 30, 31
Parking	Street metered parking
Bike Racks	No
Wheel Chair Accessible	No

La Familia Counseling Center
Area: Franklin/South Sacramento
5523 34th Street, Sacramento CA 95820
(916) 452-3601
<http://lafcc.org/>
Intake: Via Access

Call La Familia for a referral for mental health services for their child; Birth & Beyond; Project Reach; Covered Ca, and Medi-Cal enrollment

Nestled in the heart of the Franklin neighborhood, La Familia Counseling Center, Inc. has been serving families throughout the Sacramento region for 41 years. The colorful murals around the neighborhood radiate the essence of community support and cultural pride. The environment of the La Familia office is a very active and welcoming space, eager to help all individuals and families that come through their door.

La Familia Counseling Center, Inc. offers an array of programs and services, with many provided in English, Spanish, and Hmong. While offering a great array of mental health, family, education, and employment services, La Familia participates in various networks within the Sacramento region, such as Birth & Beyond, a nurturing parenting program, Supporting Community Connections, and a suicide prevention program.

Mental health services offered by La Familia are available to Medi-Cal eligible families. Their services include individual, family counseling, and crisis intervention. Services are specifically designed for children, young adults, individuals, and families. The center offers a variety of programs that work in an integrated fashion to meet the unique needs of each client. Services include:

Mental Health Services: Offered to children and youth, ages 0-21, within the Sacramento region. Services are provided at home, school, or at La Familia facilities. The center also offers a Parent and a Youth Advocate to provide support and resources for families.

Counseling, Re-directive and Supportive Service: Services provided for at-risk children and youth, ages 0-21. The program provides counseling and support services, with sessions conducted at the home, school, or at La Familia.

Project Reach: This program is designed for youth at risk of dropping out of school, or youth involved in gangs. The service lends youth alternatives, counseling, and support.

Crisis Intervention Specialist through Birth and Beyond: Provides direct intervention, referral services, and case management for children ages 0-5 and their families experiencing crisis.

Art Therapy Group: For children and youth ages 0-21 and their families. This service utilizes art as a medium of healing. No medical insurance is needed; services are offered free.

Parent Support and Stress Reducing Group through Birth & Beyond: This support group is offered to parents of children ages 0-5. The group provides stress reduction strategies while also utilizing a support social space for parents, and arts and crafts activities.

To locate services for yourself and/or family, La Familia Counseling Center advises potential clients to contact their main phone number, (916) 452-3601. Friendly staff will be happy to connect you to services and programs.

A. In addition to mental health services and family programs, services at La Familia Counseling Center include: Family advocacy and support for mental health:

Family Partner & Youth Advocate: These services are offered to families with children, ages ranging from 0-21 years old. Advocates provide family members with resources and parental support services.

B. Birth and Beyond

- 1) Nurturing Parenting Program: A program designed to support pregnant women, and families with children ranging from 0-5 years old. The program conducts home visits by professionals who work with families to build parent-child relationships through bonding, teach child development and parenting skills, as well as linking families to resources, information, and health services.
- 2) Child Development Groups: The program is offered for parents of children 1-2 years of age. The group offers child development activities and education.
- 3) Effective Parenting: This program offers parenting education and support services for English, Spanish, and Hmong speaking families.

C. Covered California/Medi-Cal enrollment: La Familia offers information to families via Covered California, offering assistance to families and individuals in accessing affordable health care and enrolling into medi-cal.

Eligibility	Medi-Cal beneficiaries and the uninsured
Fees	
Insurance (for Mental Health)	Medi-Cal
Private Pay Options	
Sliding Scale	
Specialties	Services for Children and Families
Support Groups	Parents of Teens Support Groups
Community Events	Annual Health & Safety Fair Annual Create-a-Costume for Halloween Party Adopt-a-Child (Christmas) La Posada Holiday Celebration
Programs	Birth & Beyond – Nurturing Parenting Program Project Reach Crisis Intervention Specialist Art Therapy Group Early Prevention Screening, Diagnosis and Treatment (EPSDT) Mental Health Service Counseling, Re-directive and Supportive Service Supporting Community Connections Program Parent Support and Stress Reducing Group Covered California
Languages Spoken	Hmong, Spanish
Public Transportation	Bus lines 61, 63. Fruitridge Light Rail Station
Parking	Available on site
Bike Racks	Yes
Wheel Chair Accessible	Yes

Life Practice Counseling Center
 Area: Roseville and Folsom
 3650 Auburn Blvd. Bldg. C Suite 208, Sacramento, CA 95821
 9719 Lincoln Village Dr. #502, Sacramento, CA 95827
 (916) 300-6576
http://www.lifepractice.org/Home_Page.html
 Intake: By appointment

Life Practice Counseling opened its doors in 2009 and started with just one office and six therapists. The agency has now grown to three office locations with nearly forty therapists. Founded by Carissa Sherwood, the vision of Life Practice Counseling was to provide low cost quality counseling services to those who could otherwise not afford it.

Life Practice counseling provides psychotherapy services to individuals, couples, families, and children. The agency also conducts weekly groups that are free to the community. Treatment specialties include: Personality disorders, emotional regulation, DBT groups, working with high conflict couples, and trauma/grief/loss.

Demographic is those who cannot afford the cost of professional licensed psychotherapists.

To inquire about services, contact the agency’s main line at 916-300-6576 with your name and contact information. A clinician will contact you with information, and to set up an appointment. It is recommended as well to look over each therapist’s bio information located on our website at www.LifePractice.org.

Eligibility	Private Pay only
Fees	
Insurance (for Behavioral Health)	
Private Pay Options	
Sliding Scale	Determined by need
Specialties	Individuals, couples, families, and children Personality disorders, Emotional regulation DBT groups Working with high conflict couples

	Trauma/grief/loss
Support Groups	Free groups offered, check website for topics
Community Events	
Programs	
Languages Spoken	English and Spanish
Public Transportation	Bus Line 1 for Roseville; Bus line 72 for Folsom
Parking	Available on site
Bike Racks	
Wheel Chair Accessible	

Midtown Art Therapy
Area: Midtown
2618 J St #1, Sacramento, CA 95816
(916) 835-9034
<http://www.midtownarttherapy.com/>

Intake: By appointment

Midtown Art Therapy provides innovative and creative approaches to therapy, utilizing art as a process for healing and growth. Founder Majica Phillips provides a comprehensive service of art therapy for all ages and cultural backgrounds. The medium of art as a therapeutic approach has the great capacity for creating awareness, increasing expression, and illustrating emotions that may be challenging for individuals who might not be able to express them verbally.

The agency offers counseling for children, teenagers, adults, couples, families, and groups.

“Art therapy can be a powerful but gentle therapeutic medium? to work in and can help individuals come to a deeper understanding of themselves and their lives. It can prove a particularly helpful way of working therapeutically for those who find it hard to express feelings or thoughts verbally. It is not only for people experiencing emotional difficulty, but also for those who want to heighten creativity or enrich their life.” –Midtown Art Therapy

Eligibility	Private pay only
Fees	Determined by service
Insurance (for Behavioral Health)	
Private Pay Options	Determined by need
Sliding Scale	--
Specialties	Art therapy for individuals, children, couples and group
Support Groups	
Community Events	
Programs	
Languages Spoken	English
Public Transportation	Bus lines 30, 31
Parking	Street metered parking
Bike Racks	no
Wheel Chair Accessible	no

Recovery Happens
 Area: Fair Oaks
 7996 Old Winding Way, Fair Oaks, CA 95628
 (916) 276-0626
www.recoveryhappens.com
 Intake: By appointment

Recovery Happens specializes in outpatient recovery for individuals at various levels of addiction.

Core beliefs held at Recovery Happens Counseling Centers are:

- Any chemical creates hazard to the vitality of our brain's functioning;
- Substance abuse is an emotional illness that infringes upon our capacity to cope;
- Addiction is a biochemical disease;
- Substance abuse occurs within all levels of society, regardless of an individual's background
- Everyone within the family system is affected by substance abuse.

Counseling services are developed specifically for teens, young adults, and adults. The program offers a great amount of information, looking at addiction as a disease and breaking down the effects of chemicals on the mind.

Services:

- Outpatient evaluation and treatment
- Teens
- Young adults
- Adults
- After sobriety
- Court evaluations
- Forensic Services
- Agency evaluation and consultation

Teens: Working with teen clients consists of laying down the foundation for understanding the development and experience of teens dealing with addiction. The program works in developing group and family counseling approaches to create an ideal system of support and strategy towards recovery. Treatment begins with the identification of the problem and building movement toward that change. Drug test kits are available to parents at a reasonable cost.

Young Adults: Treatment for young adults also recognizes the stages of development of transitioning into adulthood. Within their comprehensive approach to treatment, Recovery Happens also utilizes individual, group, and family counseling.

Adults

Similar to work with teens and young adults, offering a relaxing one-on-one setting for individual counseling.

Family education program offers support to the family system of the client, creating a supportive environment for individuals in recovery. Strategies include addressing attitudes, behaviors, and feelings.

For more information on Recovery Happens, please contact their main office at (916) 276-0626.

Eligibility	--
Fees	Determined by services
Insurance (for Behavioral Health)	Aetna, Managed Health Network, Value Options
Private Pay Options	Determined by services
Sliding Scale	--
Specialties	Substance abuse outpatient treatment for teens, young adults, and adults
Support Groups	
Community Events	
Programs	
Languages Spoken	English
Public Transportation	Bus line 21
Parking	
Bike Racks	
Wheel Chair Accessible	

Sacramento Native American Health Center
 Area: Midtown Sacramento
 2020 J Street, Sacramento, CA 95811
 (916) 341-0575
<http://www.snahc.org/>
 Intake: by appointment

Located in the center of Sacramento's Midtown neighborhood, the Sacramento Native American Health Center welcomes all individuals in need of primary, dental, and mental health services. Walking into SNAHC (Sacramento Native American Health Center) one comes in contact with the welcoming setting of the facility, followed by the smiles and greetings of helpful staff. Within the waiting room of the center, program and community event posters provide information on an array of culturally relevant programs and services, with programs ranging from 12-step recovery to case management services.

The mission of the Sacramento Native American Health Center is to carry out the legacy of a healthy American Indian and Alaskan Native community, based on cultural values delivered through traditional, measurable, transformational,

innovative, accessible, and self-sufficient systems of healthcare. As an epicenter for the Native American community in the Sacramento region, SNAHC plays an imperative role in providing services that are culturally competent and being committed to meeting the various needs of their population. The center offers a very comprehensive system of health services which included medical, dental, and behavioral health, community, home visitation, nutrition, and patient centered health home services. The center’s case management service is one of its most important functions. Professionals within all departments of medical, dental, and behavioral health work with each other to connect clients to all forms of comprehensive care services provided through SNAHC.

Behavioral health services offered by SNAHC, include:

- White Bison 12-Step Recovery Group
- Culturally informed, CPS Approved, Parenting Groups
- Talking Circles
- Domestic Violence Prevention groups
- Anger Management groups
- Culturally informed, Out-Patient Substance Abuse Treatment
- Case Management Services
- Risk Reduction Counseling
- Referral for Residential Substance Detoxification

Individuals without insurance, receiving MediCal, or in need, are eligible for programs at SNAHC. To explore your eligibility and sign up for services, SNAHC associates recommend contacting their friendly staff at their main line, (916) 341-0575.

Eligibility	Medical Beneficiaries, or the uninsured
Fees	Determined by service
Insurance (for Behavioral Health)	Medi-Cal, Anthem Blue Cross, Molina, River City Medical Group, Medicare (no ADV plans), Buenas Vista Rancheria, Private Insurance (PPO)
Private Pay Options	Available
Sliding Scale	Determined by income for the uninsured
Specialties	Culturally relevant services

Support Groups	White Bison 12-Step Recovery Group Culturally informed, CPS Approved Parenting Groups Talking Circles Domestic Violence prevention groups Anger Management groups
Community Events	
Programs	Culturally informed, Out-Patient Substance Abuse Treatment Case Management Services
Languages Spoken	Spanish and Tagalog
Public Transportation	Bus Lines 30, 31
Parking	On the street, metered parking
Bike Racks	Available on sidewalk, and other accommodations can be made
Wheel Chair Accessible	Yes

The Place Within at Folsom
530 Plaza Drive, Suite 130
Folsom, CA 95630
<https://sites.google.com/site/theplacewithinpartii/locations/folsom-office>
(916) 799-1644

The Place Within provides affordable counseling in a warm, safe, and caring environment, offering sliding fees based on income and ability to pay. The office is very welcoming, providing a tranquil space for therapy, while also providing an impressive play therapy room for younger clients.

The current office in Folsom has 3 years of providing service, and continues to grow its ability to provide therapy and a series of support groups and workshops. Services are offered by a great staff of mental health professionals who contribute various specialties in working with all ages and backgrounds. The agency consists of ten Marriage and Family Therapist Interns and Trainees specializing in

individual, couple, family, child, and adolescent therapy. Areas of expertise include addictions, anxiety, depression, parent-child relationship, play therapy with children, divorce, remarriage, stepfamily issues, life transitions, illness/disability, adolescent/young adulthood transitions, codependency, trauma, women's issues, PTSD, attachment issues, couple therapy, parenting, group therapy, grief and spirituality. Interns and trainees are supervised by Suzy Lee, LMFT.

Agency therapists have advanced training in numerous areas including EMDR/trauma, Gottman and Emotionally-Focused Couple therapy, play therapy, PREPARE/ENRICH premarital and marriage assessment, suicide prevention and intervention, Parent the love and Logic Way, Collaborative Co-Parenting, and children with disabilities.

Currently, the agency provides over the phone screenings and assessments conducted in person with a clinician. To set up services, please contact Suzy Lee at (916) 799-1644.

Eligibility	Private pay clients only
Fees	Scale fee \$25-\$80
Insurance (for Behavioral Health)	--
Private Pay Options	Available
Sliding Scale	Available
Specialties	Addictions, anxiety, depression Parent-child relationship Play therapy with children Divorce, remarriage, stepfamily issues, Illness/disability Adolescent/young adulthood/life transitions Codependency, attachment issues Trauma, PTSD Women's issues, Couples therapy parenting, group therapy Grief and spirituality
Support Groups	Depression and Anxiety Women's Trauma Support Group

	Grief and Loss Support Group Parenting and Couples workshops
Community Events	--
Programs	--
Languages Spoken	English
Public Transportation	Bus Line 10, Madison & Main
Parking	Available on site
Bike Racks	None
Wheel Chair Accessible	Yes

Well Space Health
Area: Midtown, and all throughout Sacramento
1820 J Street, Sacramento, CA 95811
916-313-8400
<http://www.wellspacehealth.org/index.htm>
Intake: By appointment

Located in the busiest area of Midtown's J Street, the Well Space Health Center is an equally active center, providing many with comprehensive care. Once known as The Effort for over a decade, the agency provided substance abuse services for the Sacramento Region. In their new capacity, Well Space Health is taking an integrative approach in connecting clients with various forms of health care. The clinic offers behavioral health services, substance abuse services, and primary health care. With 14 other locations throughout Sacramento, Well Space Health is definitely expansive in their approach to serve a variety of needs in the community. Well Space Health offers a very comprehensive form of care, providing each client with services available within their clinic and/or system.

Well Space Health is a Federally Qualified Health Center, which operates by offering underserved populations with services on a sliding scale system for affordable care. Services provided at Well Space Health are offered to Medi-Cal beneficiaries, individuals without health insurance, or families in need. The Center

prides itself on being able to work with their primary care providers to create referrals for patients in need for mental health services.

Services Provided at Well Space Health:

- Adult Primary Care
- Child/Adolescent Primary Care
- Children's Dental
- Women's Health
- Prenatal (pregnancy related) Care
- Child and Family Counseling
- Mental Health and Psychiatry
- Birth and Beyond Home Visitation Program
- Birth & Beyond Resource Center
- Substance Abuse & Addiction Counseling
- Residential Rehabilitation
- Detoxification Program
- Transitional Program

Specific Behavioral Services:

Mental Health services provided at Well Space Health are delivered by a professional team of clinical psychologist, licensed marriage and family therapists and social workers, and counseling interns. Services include:

- Counseling: Child, Adolescent, Adult, Family Counseling, Group, & Individual
- Psychiatry & Medication Management
- Mental Health Evaluation
- Employee Assistance Programs

In addition, the Center offers inpatient and outpatient Alcohol and Other Drug (AOD) services for Medi-Cal eligible patients.

Mental health services described can be accessed at these locations:

- J Street Community Health Center
- Oak Park Community Health Center
- South Valley Community Health Center
- North Highlands Multi-Service Center

To acquire information and set up an appointment, contact the helpful staff at Well Space Health at (916) 737-5555.

Eligibility	Low income and uninsured
Fees	Determined by need
Insurance (for Behavioral Health)	MediCal
Private Pay Options	
Sliding Scale	Determined by need
Specialties	Primary care and mental health services Addiction counseling Suicide prevention Psychiatry Child abuse prevention
Support Groups	
Community Events	
Programs	Medical Care Addiction Counseling 24 hour Parent Support Line Suicide Prevention Crisis Line
Languages Spoken	English and Spanish
Public Transportation	Bus lines 30, 31
Parking	Street metered parking
Bike Racks	Yes
Wheel Chair Accessible	Yes

Windows of Hope
 Area: Midtown and Roseville
 2011 P St. #101 A, Sacramento, CA 95814
 212 Judah Street, Roseville, CA 95678
 (916) 932-8124
<http://windowsofhopecounseling.org/>
 Intake: By appointment

With two locations in the Sacramento region, Windows of Hope offers the community an affordable opportunity for healing and growth through a nurturing and supportive setting. Dawn Barry Hulme, Licensed Marriage and Family Therapist, founded Windows of Hope in 2007 as a non-profit agency. Understanding that many people do not have access to personalized mental health, the agency provides services on a sliding scale.

Of the various specialties offered by the agency, one of their primary services includes in-depth couples counseling. Windows of Hope relationship therapy is in part based on the understanding that emotional hurt is created in relationship, therefore healing must also happen in relationship. With both compassionate and professional support, clinicians work with clients to develop personal goals, communication, and relationship patterns to help couples get unstuck and continue forward on their journey together.

The agency is staffed with 16 counselors, and two locations in Midtown and Roseville.

To make arrangements for services, contact Isaiah Hulme at (916) 932-8124.

Eligibility	Private pay clients only
Fees	\$30-\$80
Insurance (for Behavioral Health)	--
Private Pay Options	--
Sliding Scale	Determined by need
Specialties	Couples Counseling (Relationships, Marriage) Addiction Counseling (Drugs, Alcohol, gambling, Internet, Sex, Work) Family Relationships Counseling Grief, Loss & Divorce Counseling Domestic Violence Counseling Personal Growth Counseling Children & Adolescents Counseling ADD/ADHD Counseling Anger Management Counseling Blended Family Education Counseling

	Abuse Counseling Parenting Issues Counseling Self Esteem Counseling Sexual Issues Counseling Dual Diagnosis Counseling Life Stage Adjustments
Support Groups	--
Community Events	--
Programs	--
Languages Spoken	English
Public Transportation	Midtown: Light rail Blue line, and bus line 62 & 38. Roseville: Light Rail Blue, followed by bus line 93, then A.
Parking	Street metered parking
Bike Racks	Yes
Wheel Chair Accessible	No