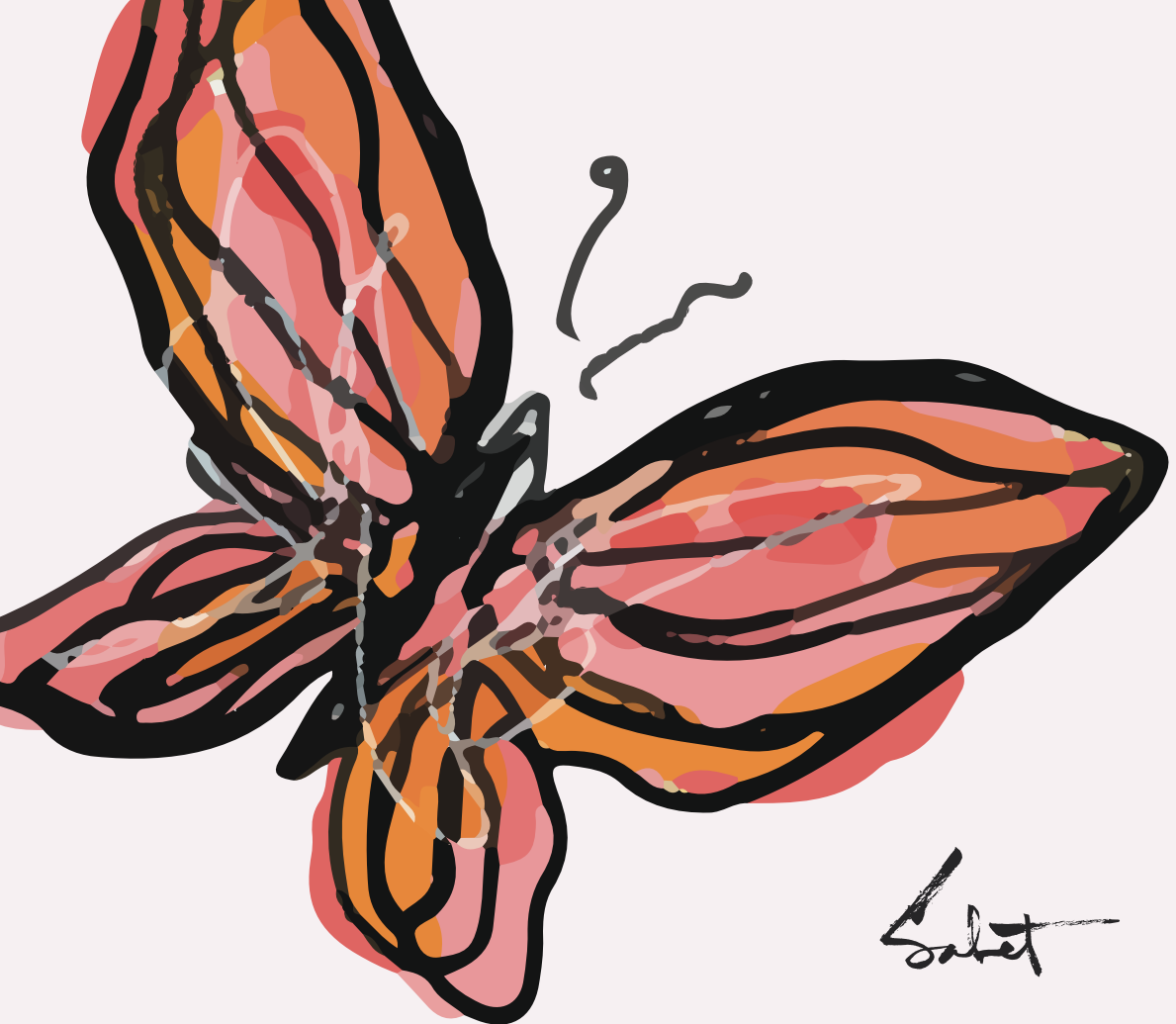




**MALIBU  
FOUNDATION**

EST. 2018

**WELLNESS RESOURCES 2019**



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# DISCLAIMER



This booklet was created as a resource and is a non-commercial, non-comprehensive, informational booklet. These are not recommendations of the Malibu Foundation or any associated party. The organizations listed are for your reference, and we recommend vetting any mental health or wellness organization before utilizing their services.

For extreme emergencies please dial 911, or if you are having any thoughts of harming yourself, please call the suicide hotline.

**National Suicide Prevention Hotline: 1-800-273-8255**

# **RESOURCE REGION 1**



**MALIBU  
AGOURA HILLS  
CALABASAS  
CHATSWORTH  
WOODLAND HILLS  
ENCINO**

## Magnolia Counseling

magnoliacounseling.com  
(818) 757-9450

### Fees: Some insurance accepted, Sliding scale

Provides mental health and substance abuse recovery services at affordable rates, while remaining managed care friendly and in tune with the needs of our clients and the community at large. No psychiatrist.

18345 Ventura Blvd  
Suite 305  
Tarzana, CA 91356

## Neighborhood Counseling Center

ncencino.org  
(818) 788-2738

### Fees: Sliding scale

Provides individual, couple, family and group therapy. No psychiatrist.

5535 Balboa Boulevard Suite  
221  
Encino, CA 91316

## West Valley Mental Health Center

westvalleymentalhealthcenter.org  
(818) 407-3200

### Fees: Medi-cal, Sliding scale

Provides field capable clinical services (FCCS). Individual/group rehabilitation, individual/group therapy, medication support, and peer support services.

20151 Nordhoff St  
Chatsworth, CA 91311

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## Counseling West

counselingwest.com  
(818) 990-9898

### Fees: Sliding scale

Provides affordable counseling for those struggling with a current crisis or long-term unresolved issues. No psychiatrist.

4419 Van Nuys Blvd  
Suite 310  
Sherman Oaks, CA 91403

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## Hillside Wellness Center

hillsidewellnesscenter.org  
(818) 849-6888

### Fees: Sliding scale

Provides individual, group, psychiatry, couples, family therapy. EDMR, diet and nutrition, and psychological testing.

4521 Sherman Oaks Ave  
Sherman Oaks, CA 91403

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## Calabasas Behavioral Health

calabasasbehavioralhealth.com  
(818) 921-4300

### Fees: Varies, depends on insurance

Provides affordable counseling for those struggling with a current crisis or long-term unresolved issues.

23622 Calabasas Rd  
Suite 301 & 320  
Calabasas, CA 91302

## California Family Counseling Center

calfamcounseling.org  
(818) 386-5660

### **Fees: Sliding scale, Uninsured**

Provides accessible and affordable counseling services to individuals, couples, and families across diverse communities. No psychiatrist.

Phillips Graduate Institute  
19900 Plummer St.  
Chatsworth, CA 91311

## West Valley Counseling Center

westvalleycounseling.org  
(818) 758-9450

### **Fees: Sliding scale**

Provides high-quality, affordable therapy and family counseling for individuals, relationships, traditional families, and nontraditional families to help ease life's burdens. Provides specialty services, such as marriage counseling, child custody mediation, and parenting education. No psychiatrist.

18226 Ventura Blvd  
Suite 202  
Tarzana, CA 91356

## MY LA Therapy

mylatherapy.com  
(310) 896-5568

### **Fees: Sliding scale**

Provides a wide variety of general therapy for individuals, couples and families. Life coaching, wellness and nutrition services. No psychiatrist.

Multiple locations in Santa Monica, Brentwood, Venice, Mar Vista, Encino, and El Segundo

## Roots & Wings

rootswings.org  
(310) 894-6597

### **Fees: Varies some, Sliding scale**

Provides mental health and substance abuse recovery services at affordable rates, while remaining managed care friendly and in tune with the needs of our clients and the community at large. No psychiatrist.

23440 Civic Center Way  
Suite 104  
Malibu, CA 90265

## Pepperdine Community Counseling Centers

gsep.pepperdine.edu/about/clinics  
(310) 568-5600  
(818) 501-1600

### **Fees: Intake \$25 Fees, \$15-90 depending on income**

CFDC provides culturally sensitive and linguistically responsive comprehensive mental health services including Individual and Family psychotherapy services. Offers psychiatric evaluations and psychological testing to existing clients. No psychiatrist.

6100 Center Drive  
Los Angeles, CA 90045  
  
16830 Ventura Boulevard Suite  
200 Encino, CA 91436



# **RESOURCE REGION 2**



**PACIFIC PALISADES  
BRENTWOOD  
WEST LA  
SANTA MONICA  
VENICE  
CULVER CITY  
LOS ANGELES**

### **Airport Marina**

amshelps.com  
(310) 670-1410

#### **Fees: Intake \$30, Weekly Fee \$10+**

Individual, couples, groups. Spanish speaking therapists available. Psychiatrist for clients only.

7891 La Tijera Blvd.  
Westchester, CA 90045

### **Antioch University Counseling Center**

aucc.aula@antioch.edu  
(310) 574-2813, x366

#### **Fees: Sliding scale \$20-85, No intake fee**

Many languages, evenings & weekends, specializes in treating immigrants, no walk- ins, will not turn away based on ability to pay. Interns only and no psychiatrist.

400 Corporate Pointe Culver  
City, CA 90230

### **Chicago School's Westwood Counseling Center**

counseling.tscscenters.org  
(310) 481-5900

#### **Fees: Intake \$30**

Individual, couples, groups, many languages. No psychiatrist. Supervised interns and trainees.

1990 Westwood Blvd  
Suite 330  
Los Angeles 90025

### **Daniel's Place (A Program of Step Up on 2nd)**

danielsplace.org  
(310) 392-5855

**Fees: Medi-Cal only for Individual counseling, No fee for drop in services**

Group and individual counseling, case management, psychiatrist, employment and housing resources, hot meals, special programs, clothing, and showers - for youth 16 and up.

1619 Santa Monica Blvd  
Santa Monica, CA 90404

### **Didi Hirsch Center**

didihirsch.org  
(310) 390-6612

**Fees: Medi-Cal (must meet criteria)**

Individual, group, family, couples. Medi-Cal, Medicare, psychiatrist available through Medi-Cal.

4760 S. Sepulveda Blvd Culver  
City, CA 90230

### **Edelman Westside Mental Health Center**

semel.ucla.edu/site/edelman-westside-mental-health-center  
(310) 966-6500 (adult)  
(310) 482-3200 (child)

**Fees: Medi-Cal, Sliding scale**

Directly operated by LA County DMH. Adult, child, and adolescent outpatient mental health clinic. Individual and family therapy, psychiatrist available.

11303 W. Washington Blvd  
Suite 200  
Los Angeles, CA 90066

## Engage Therapy

engagetherapy.com  
(805) 497-0605

**Fees: Sliding scale for 1:1 treatment, or superbill insurance for PPO. Free parent groups.**

Individuals, families, couples, teens, children, and groups.  
Intensive outpatient and partial hospitalization treatment programs.

660 Hampshire Rd.  
Ste 100  
Westlake Village, CA 91361

## Peak Psychological Services

peakpsychologyla.com  
(213) 271-9660

**Fees: Sliding scale for 1:1 treatment, or superbill insurance for PPO.**

Individuals, families, couples, teens, children, and groups.  
Intensive outpatient and partial hospitalization treatment programs.

2211 Corinth Ave  
Suite 310  
West Los Angeles, CA 90064

## Maple Counseling Center

tmcc.org  
(310) 271-9999

**Fees: Intake: \$40-45, Sliding scale**

Individual, Family, Couples and no psychiatrist, and many languages. Psychiatrist available to clients only.

9107 Wilshire Blvd.  
Beverly Hills, CA 90210

### Wright Institute Psychotherapy Clinic

wila.org  
(310) 277-2796  
(424) 371-5191

#### Fees: \$20+ Sliding scale

Adults only (18+) for insight-oriented therapy, eating disorders. No psychiatrist.

11845 W. Olympic Blvd  
Suite 505W  
Los Angeles, CA 90064

### The Relational Center

relationalcenter.org  
(323) 935-1807

#### Fees: Sliding scale, \$200/month plan. Requests for fee adjustments accepted

Individual, couples, families, crisis, psychiatrist, substance abuse, support groups.

5486 Wilshire Blvd.  
Los Angeles, CA 90036

### Open Paths Counseling Center

openpaths.org  
(310) 258-9677

#### Fees: Sliding scale

Individual Therapy, Probation approved Domestic Violence counseling & anger management. Spanish available. No psychiatrist.

12655 Washington Blvd Suite  
101  
Los Angeles, CA 90066

## Safe Place for Youths

safeplaceforyouth.org  
(310) 902-2283

### Fees: No charge

Provides care and support to youth experiencing homelessness. We addresses the unique needs of this population through assertive street outreach, low barrier drop-in services, health and wellness programming, case management, psychiatry and education and employment services.

12655 Washington Blvd Suite  
101  
Los Angeles, CA 90066

## Family Service of Santa Monica

vistadelmar.org  
(310) 451-9747

### Fees: Medi-Cal, Uninsured, Private insurance, Sliding scale

Individual, children, adults, couples, family. Specializes in trauma & recovery. Spanish speaking therapists available. Psychiatrist available for existing clients.

1533 Euclid Street Santa  
Monica, CA 90404

## Insight Psychotherapy Group

insightpg.org  
1(866) 474-7444

### Fees: Some insurance accepted, Sliding scale \$50-85

Individuals, families, couples, teens, children, veterans, and groups. Spanish, Russian, Farsi, and other languages available dependent on location. No psychiatrist.

Locations in Santa Monica, Beverly Hills, Manhattan Beach, and San Clemente. Also sees students at school sites. See website or call.

## The Los Angeles LGBT Center

lalgbtcenter.org  
(323) 993-7400, ext #4

### Fees: Sliding scale fee, accepts some insurances

Individual, couples, family, and group. Specializes in serving the LGBT population. Psychiatrist available.

1625 N. Schrader Blvd  
Los Angeles, CA 90028

## Pacific Asian Counseling Services

pacsla.org  
(310) 337-1550

### Fees: Medi-Cal only

Individual therapy for children and adults, couples, families, large range of languages spoken. Psychiatrist and case managers available. Expertise working with Asian Pacific Islander populations but services are available to all.

8616 La Tijera Blvd  
Suite 200  
Los Angeles CA 90045

## Saturday Center for Psychotherapy

saturdaycenter.org  
(310) 494-5804

### Fees: Sliding scale, monthly plans

Provides psychotherapy to the community at affordable fees and in a private practice setting. Will refer out for psychiatrist.

1460 Seventh Street  
Suite 206  
Santa Monica, CA 90401

## MY LA Therapy

mylatherapy.com  
(310) 896-5568

### Fees: Sliding scale

Provides a wide variety of general therapy for individuals, couples and families. Life coaching, wellness and nutrition services. No psychiatrist.

Multiple locations in Santa Monica, Brentwood, Venice, Mar Vista, Encino, and El Segundo

## Our House

ourhouse-grief.org  
(818) 222-3392  
(310) 473-1511

### Fees: No charge

Grief support groups for children aged 4-17 and adults. No psychiatrist.

21680 Burbank Blvd, Suite 195  
Woodland Hills, CA 91367

1663 Sawtelle Blvd, Suite 300 Los Angeles, CA 90025

## Providence St John's Health Center Child & Family Development Center

california.providence.org  
(310) 829-8921

### Fees: Medi-Cal, Uninsured

CFDC provides culturally sensitive and linguistically responsive comprehensive mental health services including Individual and Family psychotherapy services. Offers psychiatric evaluations and psychological testing to existing clients

2121 Santa Monica Blvd Santa Monica, CA 90404

Also provides services at school sites, Pico Youth & Family Center, and Virginia Avenue Park



## Resolutions Teen Center

resolutionsteen.org  
(310) 893-3255

### **Fees: Varies, some insurances accepted**

Ages 13 -18. Outpatient, Intensive Outpatient, Partial Hospitalization Day Treatment, and Family Programs for teens struggling with mental health, substance use, healthy device/ social media management. Staffed by licensed clinical psychologists and board-certified psychiatrists.

2001 Wilshire Blvd  
Suite 505  
Santa Monica, CA. 90403

## Venice Family Clinic

venicefamilyclinic.org  
(310) 392-8636

### **Fees: Sliding scale, Medi-Cal**

Child and Family therapy, for current Venice Family Clinic medical patients.

All Venice Family Clinic locations (Pico, Rose, Venice and Lincoln, Inglewood)

# **RESOURCE REGION 3**



**VENTURA  
OXNARD  
NEWBURY PARK  
THOUSAND OAKS  
WESTLAKE VILLAGE**

## Ludington Institute for Family Enrichment

ludingtoninstitute.com  
(805) 449-4375

### Fees: Sliding scale

General counseling as well as grief and trauma support. No psychiatrist.

875 S. Westlake Blvd  
Westlake Village, CA 91361

## Sterling Behavioral Health Institute

stirlingbhi.org  
(818) 991-1063 (Westlake)  
(818) 376-0134 (Van Nuys)

### Fees: Private insurance, Sliding scale, or Medi-Cal

Mental and behavioral health needs of individuals, children and adults, and families. Psychiatrist available.

Locations in Westlake Village  
and Van Nuys

## Clinicas Del Camino Real, Inc

clinicas.org  
(805) 647-0991

### Fees: Medi-Cal, Most insurances, Unisured, Sliding scale, IMPACT program

Mental health providers at Clinicas del Camino Real, Inc. specialize in a wide range of issues for individuals, couples, and families. Psychiatrist available.

Locations in Ventura, Oxnard,  
North Oxnard, South Oxnard,  
Newbury Park

## Conejo Clinic

vchca.org/locations/companies/45  
(805) 777-3500

### **Fees: Medi-Cal, Medicare**

Services provided are psychiatric assessment, medication services, psychological testing, individual and group therapy, crisis intervention, rehabilitation services, and case management services. In addition, the outpatient programs assist individuals in obtaining employment, accessing medical care, treatment for addictions, socialization programs, and safe and secure housing as available.

125 W. Thousand Oaks Blvd  
Suite 500  
Thousand Oaks, CA 91360

## Fillmore Clinic

(805) 524-8660

### **Fees: Medi-Cal, Medicare**

Youth and Family services provided. Comprehensive services include: psychiatric assessment and treatment, case management, outpatient psychotherapy, psychological testing, school based services, home based services, acute care of crisis and hospitalization. Outpatient clinic services are offered at seven locations throughout the county. The contact person for each site is the Clinic Administrator.

828 W. Ventura Street  
Suite 240  
Fillmore, CA 93015

## Maple Counseling Center

maplecounseling.org  
(805) 669-8846

### Fees: Sliding scale

Specialties include children, teens, couples, families, substance abuse, LGBTQ issues, couple, and family therapy, learning difficulties and much more. No psychiatrist.

2021 Sperry Ave  
Suite 24 & 41  
Ventura, CA 93003

## Forensics Adult Mental Health

vcbh.org/en/forensics-adult-mental-health-services  
(805) 477-5775

### Fees: Medi-Cal, Medicare

The Mental Health Court team consists of case managers, clinicians and management who provide mental health treatment services and support services to adult mentally ill offenders who have co-occurring disorders (a primary diagnosis of mental illness and a secondary substance abuse disorder) in a post-booking, out-of-custody, formal probation setting. These services include assessment, outpatient therapy, treatment groups, psychological evaluations, crisis services and linkages to housing, jobs, medical and family services. Psychiatrist available.

4258 Telegraph Road  
Ventura, CA 93003

## California Lutheran University Community Counseling

[callutheran.edu/u/graduate-psychology/centers.html](http://callutheran.edu/u/graduate-psychology/centers.html)  
(805) 493-3059

### **Fees: Sliding scale training facility**

Provide accessible psychotherapeutic and assessment services.  
Offer services in English and Spanish. No psychiatrist.

2200 Outlet Center Drive  
Suite 470  
Oxnard, CA 93030

## Older Adults

[vcbh.org/en/older-adults-adult-mental-health-services/](http://vcbh.org/en/older-adults-adult-mental-health-services/)  
(805) 289-3203

### **Fees: Medi-Cal, Medicare**

Provide outpatient mental health services to adults suffering from severe & persistent mental illness who are 18 and older. Mental health services are also provided in the community, in the home and within residential placements as needed to serve client needs. Services provided include psychiatric assessment, medication services, psychological testing, individual and group therapy, crisis intervention, rehabilitation services, and case management services. In addition, the outpatient programs assist individuals in obtaining employment, accessing medical care, treatment for addictions, socialization programs, and safe and secure housing as available.

5740 Ralston Street  
Ventura, CA 93003



[WWW.THEMALIBUFUNDATION.ORG](http://WWW.THEMALIBUFUNDATION.ORG)