

Counseling Resources



A Beach Cities Health District Program

CONTACT:

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AGENCY	SERVICES	CONTACT	ADDRESS	WEB SITE
1736 Family Crisis Center	<ul style="list-style-type: none"> • Free shelter services • Community counseling • Case management • 24-hr youth services hotline 	310-543-9900	21707 Hawthorne Blvd. Suite 300 Torrance 90503	www.1736familycrisiscenter.org
Airport Marina Counseling Center	<ul style="list-style-type: none"> • Individual & group therapy • Marriage & family therapy • Psychiatric evaluation & consultation • Immediate crisis intervention • Information & referral • Assessment & evaluation • Psychological & psycho-educational testing 	310-670-1410	7891 La Tijera Blvd. Westchester 90045	www.airportmarina.org
Centinelita Youth Services	<ul style="list-style-type: none"> • Individual & group therapy • Marriage & family therapy • Psychiatric evaluation & consultation • Immediate crisis intervention • Information & referral • Assessment & evaluation • Psychological & psycho-educational testing 	310-970-7702	11539 Hawthorne Blvd. Suite 500 Hawthorne 90250	www.cys-la.org
Children's Institute International Serves children who have been traumatized by abuse, neglect or community violence.	<ul style="list-style-type: none"> • Clinical services • Early childhood services • Family support • Child enrichment programs • Ages 3-21: Medi-Cal only 	310-783-4677	21810 Normandie Ave. Torrance 90502	www.childrensinstitute.org
City of Gardena Human Services Division Counselors meet individually for ten weeks with clients who are self-referred, school-referred or referred by law enforcement	<ul style="list-style-type: none"> • Counseling for ages 12 and older and adult residents of Gardena 	310-217-9574	1700 W. 162nd St. Gardena 90247	
Friends of the Family Counseling Center	<ul style="list-style-type: none"> • Counseling services 	310-798-3260	303 Peck Ave. Manhattan Beach 90266	
LA County Department of Mental Health	<ul style="list-style-type: none"> • Free confidential health information • Referrals to service providers • 24hr crisis counseling 	800-854-7771		www.dmh.lacounty.gov
Mindful Beginnings	<ul style="list-style-type: none"> • Counseling services 	310-372-8400	P.O. Box 1298 Manhattan Beach 90266	www.mindfulbeginnings.com

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National Council on Alcoholism and Drug Dependence	<ul style="list-style-type: none"> • Outpatient counseling • Referrals to other programs 	310-328-1460		www.ncadd.org
Pacific Asian Counseling Services	<ul style="list-style-type: none"> • Counseling • Case management • After-hours crisis response • Information & referral 	562-424-1886	3530 Atlantic Ave. Suite 210 Long Beach 90807	www.pacsla.org
Project Touch	<ul style="list-style-type: none"> • Long-term group & individual counseling for high-risk teens, pre-teens & families 	310-379-5206	710 Pier Ave. Hermosa Beach 90254	www.projecttouch.org
Richstone Family Center Child abuse treatment and prevention.	<ul style="list-style-type: none"> • Parent Child Intervention Therapy (PCIT) • Counseling • Parent & anger management classes • Case management • 24hr crisis response • Kids Club after school program 	310-970-1921	13620 Cordary Ave. Hawthorne 90250	www.richstonefamily.org
South Bay Center for Counseling — Partnership for Families (PFF)	<ul style="list-style-type: none"> • Services for pregnant women • Counseling services • Treatment services • Emergency assistance • Employment training • Pre-natal care education • Mommy and me classes • Playgroups • Child development information • Parenting classes • Tutoring (all subjects & levels) 	310-414-2090	360 N. Sepulveda Blvd. Suite 2075 El Segundo 90245	www.sbaycenter.com
South Bay Child Guidance Center	<ul style="list-style-type: none"> • Full scope of services for ages 3 to 18 (No Medi-Cal) 	310-328-0855	1617 Cravens Ave. Torrance 90501	www.sbchc.com
South Bay Children's Health Center— South Bay Youth Project	<ul style="list-style-type: none"> • Outpatient dental & mental health services for children kindergarten through high school who come from low and moderate income families 	310-316-1212	410 S. Camino Real Redondo Beach 90277	www.sbchc.com
Southern California Counseling Center (SCCC LA)	<ul style="list-style-type: none"> • Individual, couples, family child and group counseling • School-based counseling services 	323-937-1344	5615 W. Pico Blvd. Los Angeles 90019	www.sccc-la.org
Stephanie Morales	<ul style="list-style-type: none"> • Fertility screening • Individual & group therapy • Support groups • Lactation support • Doula services • Infant massage 	310-567-0160	2780 Skypark Drive Suite 205 Torrance 90505	www.StephanieMoralesMFT.com
The Holding Place A non-profit counseling organization.	<ul style="list-style-type: none"> • Assistance for families affected by a family member with a disability 	310-902-9458	23505 Crenshaw Blvd. Suite 262 Torrance 90505	www.theholdingplace.org
Torrance/South Bay YMCA	<ul style="list-style-type: none"> • Individual, couples, family and group therapy 	310-325-5885	2900 W. Sepulveda Blvd. Torrance 90505	www.ymcala.org