

Low Cost Counseling

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Torrance Office

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Comprehensive Psychological and Psychiatric Services for individuals, families, couples, and groups, treating:

anxiety
depression
relationship conflicts
medical evaluation
medication management

Addiction Disorders

drug & alcohol dependency
sexual/internet addiction
compulsive gambling
eating disorders
relapse prevention
impaired professionals
adults & adolescents

Behavioral Medicine

pain management
stress management
relaxation training
self hypnosis
chronic illness

Threat Assessment

workplace violence evaluation
violence prevention consultation
fitness for duty evaluation
critical incident debriefing
anger management

Performance Enhancement

sports psychology
executive coaching

Counseling

310-374-6323

The Gathering Place
Services: Bereavement Counseling, Groups
Fee: no

310-414-2090

South Bay Center For Counseling
Services: Individuals, couples, families, children and
groups. Fee: Sliding scale

Parenting Classes

310-374-3426 x185

Parent Education Network
Services: Referrals to parent education classes
Fee: no

310-414-2090

South Bay Center for counseling
Services: Parenting classes and groups (court approved)
Fee: Sliding Scale

310-372-7724

South Bay Youth Project
Services: Parenting classes and groups
Fee: co-pay

Runaway/Homeless Youth

310-376-3550

1736 Family Crisis Center
Services: Shelter services for runaway and homeless youth
Fee: no cost

Support Group

310-376-3550

The Wellness Community
Services: For people with cancer and their families
Fee: no