

Teens

Morris Gelbart, Ph. D.

310-659-5289

Torrance Office

Daniel D. Anderson, M.D.
Marina Bhumitra, M.D.
Christina Calzadilla, MFT
Steven B. Friedman, Ph.D.
Nancy Gilbert, Ph.D.
Cheryl Maddern, MFT
Stephen Makuch, MFT
Merrilee O'Brien, MFT
Isabel Puri, M.D.
Shireen Rafat, Ph.D.
Cara Reinders, MFT
Robert Winston, M.D.
Mitsue Yamaguchi, Ph.D.

Redondo Beach Office

Robert Cutrow, Ph.D.
Phyllis Dworsky, Ph.D.
Charles Eckstein, MFT
Alan Lert, Ph.D.
Angela Kappner, LCSW
Michael Rogachevsky, M.D.

**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

3333 Skypark Drive, Suite 220 Torrance, CA 90505 Tel 310.257.5750 Fax 310.257.5753
423 South Pacific Coast Highway, Suite 102 Redondo Beach, CA 90277 Tel 310.792.1823 Fax 310.540.8904
www.gelbartandassociates.com

Because I Love You

Venice High School

1300 Venice Blvd., Room #34, Venice, CA 90291

www.BecauseILoveYou.org

BILY1982@aol.com

Services: Parent support group for kids who have behavioral problems, Thursday nights at 7:00 p.m.. For parents only.

1736 Family Crisis Center

Youth Services

2116 Arlington Avenue, Suite 200, Los Angeles, CA 90018

Contact: 323-737-3900

601 South Pacific Coast Highway,

Redondo Beach, CA 90277

www.1736familycrisis.org

Services: youth shelter

Hotline: 24-hour

ProjectTouch

710 Pier Avenue, Hermosa Beach, CA 90254

SBCC, South Bay Center for Counseling

T.R.I.P., Teen Recovery Intervention Program

360 North Sepulvedau Blvd., Suite 2075, El Segundo, CA 90245

www.sbaycenter.com

Meetings

YP/NA

Tuesday, 8:00 p.m., 346 Termino Ave., Long Beach

Wednesday, 8:00 p.m., Riviera Methodist Church, 375 Palos Verdes Blvd., Torrance

Friday, 4:00 p.m., 505 S. Pacific Ave., Room 106, San Pedro

NA

(not officially designated YP meetings, but teens have found acceptable)

Wednesday, 8:00 p.m., S. Redondo, Methodist Church, Palos Verdes Blvd.,

Thursday, 8:00 p.m., S. Redondo, Church of Christ, PCH, 1 block south of St. James

Sat. & Sund., 10:00 a.m., on the beach, 2nd St., Hermosa Beach (look for white flag)

Saturday, 8:00 p.m., Community Center, Artesia at Blossom, North Redondo

YP/AA

Wednesday, 7:30 p.m., South Bay Alano Club, Hermosa Beach

Friday, 8:30 p.m., South Bay Alano Club, Hermosa Beach

Saturday, 6:00 p.m., cross talk at 2000 Artesia at Green, North Redondo (Hayward Cntr.)

Sunday, 8:30 p.m., South Bay Alano Club, 702 11th Place, Hermosa Beach

YP/Separate Parent Support Group

Tuesday, 6:30 p.m., Rolling Hills Covenant Church, Rancho Palos Verdes
Contact: 310-519-9406

Alateen

Pre-teen(ages 7-12)

Saturday, 9:00 a.m., Walteria United Methodist Church, 3646 Newton, Torrance

Bibliography- young people

A Teen's Game Plan For Life: Peter L. Benson, Ph.D., Judi Galbraith, MA, Pamela Espeland, Free Spirit Publishing

Choices & Consequences. What to do when a teenager uses alcohol/drug: Dick Schaefer, NAADAC, Hazelden

Exploring Adolescent Happiness: Sipora Magen, Sage Publication

Helping your Chemically Dependent Teenager Recover: Peter R. Cohen, MD. Hazelden

Stepping Stones To Recovery for Young People: Hazelden

What Teens Need to Succeed: Peter L. Benson, Ph.D., Judi Galbraith, MA, Pamela Espeland, Free Spirit Publishing

Websites, young people

www.freevibe.com

national youth anti-drug coalition

www.theantidrug.com

national youth anti drug media campaign