

# Resources/References

## List of Clinics providing family and individual counseling:

- **Pacific Clinics**
  - May be able to provide free services
  - Parent must call to provide information
  - (877) 722-2737
  
- **Fuller Psychological & Family Services**
  - May provide free services, if not then on a sliding scale
  - Parent must call to provide information
  - (626) 584-5555
  
- **Foothill Family Services**
  - May provide free services, if not then on a sliding scale
  - Parent must call this number for intake information
  - (866) 304-4337
  
- **Institute for Girl's Development**
  - <http://www.instituteforgirlsdevelopment.com>
  - 95 N. Marengo Ave. Suite 100, Pasadena
  - (626) 585-8075 ext.108
  
- **Choices, A Counseling Center (Focuses on Dialectical Behavior Therapy)**
  - [www.choicescounseling.co](http://www.choicescounseling.co)
  - Patricia Gieselman, MFT
  - 626-755-4765
  
- **YMCA of the Foothills – Chaplain Services**
  - (Chaplain Services (CS) is available for members, staff and our community to come along side anyone for encouragement and support in a caring and compassionate way. CS is open to all and is welcoming to people of all backgrounds and willing to meet you where you are at in your life.)
  - <http://www.ymcafoothills.org/Main/Default/LongTopicDetail.aspx?TopicID=434>
  
- **Asian Pacific Counseling and Treatment Centers, San Fernando Valley Center**
  - 15400 Sherman Way #220, Van Nuys, CA 91406
  - (818) 267-1100

**List of private therapists who work with teens and families:**

1. Lisa Kabot, LCSW, located in Sherman Oaks  
(818) 817-9884
2. Dr. Coleen Warnesky, PsyD, located in Pasadena  
(626) 593-1141
3. Dr. Les Forman, clinical psychologist, located in Sherman Oaks  
(818) 905-7266
4. Dr. Mitesh Parekh, PsyD, located in Pasadena  
(626) 869-7928
5. Leda Siskind, LMFT, (specializes in working with adolescents and teens) located in La Canada  
(323) 363-9646
6. Dr. Richard Michelson located in Pasadena (specializes in working with adolescent males)  
(626) 587-4442 ext.13
7. Dr. Brian Morrison located in La Canada (specializes in adolescents and teens)  
(818) 957-7983
8. Nicki Weingarten, MFT (specializes in working with female adolescents and teens)  
(818) 924-3448
9. Laurie Stephens, Ph. D., Education Spectrum (Serving Autism Spectrum Disorders)  
(626) 797-1500
10. Fields Family Counseling Services, located in Pasadena  
(800) 488-3414
11. Jennifer Shim-Lovers, LMFT (specializes in working with children, adolescents and families. She has a background in Asian Studies)  
(626) 344-8708
12. Paul A. Royer, LCSW (Specializes in family and parenting counseling)  
(626) 796-8686
13. Hillary Haynes, MS, MFT (Child, family and individual counseling)  
(818) 516-3561
14. Dr. Debra Kessler, psychologist, located in La Canada  
(818) 248-6414

15. Devon Cole, MS, RD (registered dietitian in private practice specializing in working with clients struggling with eating disorders, disordered eating, poor body image and weight management) (626) 817-6907
16. Janelle Froehlich, LMFT (Specializes in adolescent and family counseling) located in Pasadena (626) 529 – 5780 <http://www.janellefroehlichtherapy.com/home>
17. Christine Triano, LCSW (Adult and Adolescent Psychotherapy) (818-439-1087)

- **Valley Coordinated Children’s Services (VCCC)**
  - VCCC provide intensive psychiatric evaluation and medication support, crisis intervention, short term stabilization, telephone triage, psychiatric hospitalization, and intensive case management for ages 1-17
  - Hours: Monday-Friday 8am-5pm (818) 708-4500
- **Los Angeles county department of mental health Access center**
  - LA county crisis line
  - Hours: after 5pm or weekends (800) 854-7771
- **Additional On-line information about self-injury, as well as treatment and recovery can be found at:**
  - <http://www.selfinjury.bctr.cornell.edu/resources>
  - <http://www.siari.co.uk>
  - <http://www.thesite.org/healthandwellbeing/mentalhealth/selfharm>
  - S.A.F.E. Alternatives website
  - <http://www.selfinjury.com>
- **Phone numbers providing 24 hour counseling and referrals for services:**
  - California Youth Crisis Line (800) 843-5200
  - Suicide Prevention Center (877) 727-4747

*\*These resources/references are for parent information only. La Canada Unified School District (LCUSD) does not endorse any one specific therapist or treatment center. LCUSD does not claim or make any representation of financial responsibility.*