



Counseling Options

Work one-on one, with families, or in a group with a therapist on issues such as depression, anxiety, stress, post-traumatic stress disorder, anger management, life transitions, substance abuse, single or co-parenting, divorce mediation, and other personal or emotional issues to help you move forward in life and reach your goals.

Services Available:

- Individual Psychotherapy
- Couples/Marital Counseling
- Co-Parent Counseling
- Reunification Therapy
- Parent Coaching
- Group Therapy
- Family Therapy
- Child/Adolescent/Play Therapy
- Re-Entry Services for Recent Detainees
- Youth Mentoring
- Case Management
- Grief Therapy
- Individual Anger Management
- Legal and Family Court Referrals

Our therapists are culturally sensitive, hailing from diverse backgrounds and orientations. Spanish and English, available.

Fee: \$90-\$105 per 50 minute session

For assistance, contact
C.O.P.E. Family Support Center
(925) 689 5811 or
clinical@copefamilysupport.org

