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eliminating racism
empowering women

ywca

San Gabriel Valley

MENTAL HEALTH SERVICES

PROMOTING WELL-BEING THROUGH ACCESSIBLE MENTAL HEALTH RESOURCES

established in 1986

YWCA of San Gabriel Valley offers free comprehensive mental health services for victims of violence, including counseling, therapy, and support for individuals seeking improved well-being. Our dedicated professionals provide a safe space for clients to address mental health concerns through evidence-based practices and personalized treatment plans. We also offer educational workshops and community outreach to promote awareness and resilience, fostering optimal mental health within a culturally sensitive and thriving community.



Advocacy



Health & Safety



Peer Support



Rehabilitation



YWCA San Gabriel Valley



ywcasgv



ywcasgv



YWCA_SGV



YWCA San Gabriel Valley



COUNSELING AND THERAPY

Our program provides expert support, carefully crafted by our compassionate and professional in-house therapists. By providing this service, we aim to empower our clients, encouraging personal growth and build resiliency.



CRISIS INTERVENTION

In times of emotional distress, our dedicated team is readily available to offer immediate support. We strive to create a secure and nurturing environment, providing a vital service where individuals can seek comfort and understanding.



SUPPORT GROUPS

YWCA-SGV's support groups are led by compassionate and trained facilitators, offering a safe space for clients to receive invaluable support, validation, and a sense of community for those navigating similar challenges.



REFERRALS AND CARE COORDINATION

We ensure that you receive the comprehensive care and support you need. Whether accessing specialized treatments or connecting with other community services, our team is committed to guiding you on your mental health journey.



"The YWCA-SGV's Mental Health Program has been instrumental in my healing journey, and I highly recommend it to anyone in need of taking that first step."

-YWCA-SGV Client