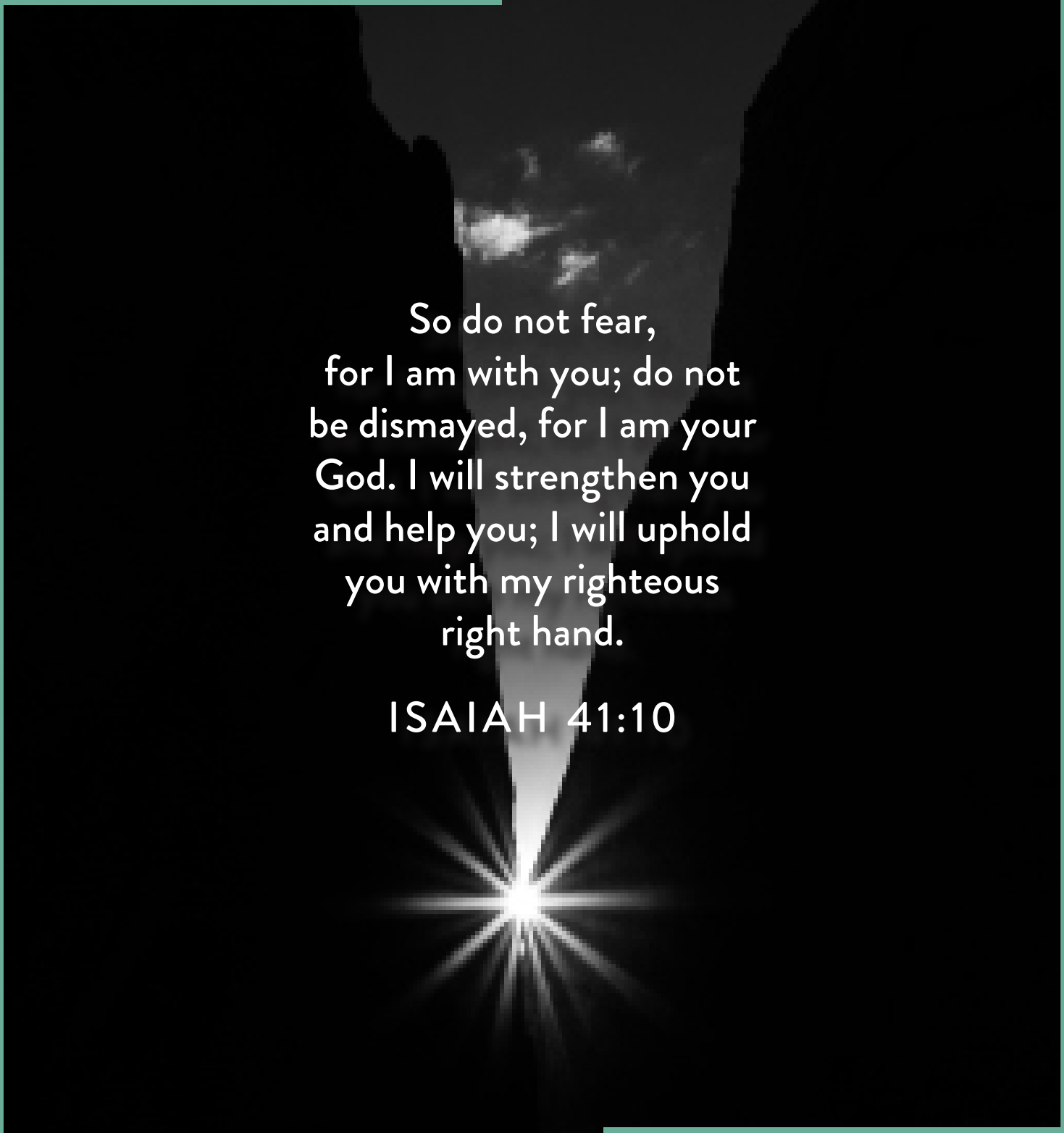


EXPRESSION58

CARE + RESOURCES



So do not fear,  
for I am with you; do not  
be dismayed, for I am your  
God. I will strengthen you  
and help you; I will uphold  
you with my righteous  
right hand.

ISAIAH 41:10

EXPRESSION58.ORG

# COUNSELING + THERAPY

## COUNSELING CENTERS



**Mental Prosperity Counseling** | Corona, CA / across California  
Bilingual, individual, family, couples, trauma, depression, anxiety care  
**Contact Information:**  
909.835.9366 | [info@mental-prosperity.com](mailto:info@mental-prosperity.com)  
[www.mental-prosperity.com](http://www.mental-prosperity.com)



**Fuller Counseling Center** | Pasadena, CA  
Individual, group, couple, family counseling, option of faith integration, offers counseling in 5 different languages  
**Contact Information:**  
626.584.5555 | [www.fuller.edu/fuller-psychological-and-family-services](http://www.fuller.edu/fuller-psychological-and-family-services)



**Selah Counseling Center** | Arcadia / San Dimas  
Individual Therapy, EMDR Trauma Therapy, Youth and Adolescents, Family Therapy, Couple Counseling, Group Therapy  
**Contact Information:**  
626.515.4202 | [info@selahcounselingcenter.com](mailto:info@selahcounselingcenter.com)  
[www.selahcounselingcenter.com](http://www.selahcounselingcenter.com)



**RESTORATION**  
*Health and Wellness*

**Restoration Health and Wellness** | Pensacola, FL  
Personalized Psychiatric Care to Help You Feel Balanced, Focused, and Whole  
**Contact Information:**  
850.332.4484 | [info@restorationhealthwellness.com](mailto:info@restorationhealthwellness.com)  
[www.restorationhealthwellness.com/contact-us](http://www.restorationhealthwellness.com/contact-us)



**LaCañada Family Therapy** | LaCañada, CA  
Restoration Therapy - Individual Therapy, Youth and Adolescents, Family Therapy, Couple Counseling, Group Therapy  
**Contact Information:**  
626.465.7960 | [connect@lacadafamilytherapy.com](mailto:connect@lacadafamilytherapy.com)  
[www.lacadafamilytherapy.com](http://www.lacadafamilytherapy.com)



**WorkU Counseling** | Pasadena, CA  
Individual Therapy, Child, Family Therapy, Couple Counseling, Premarital, Group Therapy  
**Contact Information:**  
626.844.4794 | [info@workucounseling.com](mailto:info@workucounseling.com)  
[www.workucounseling.com](http://www.workucounseling.com)

# RECOMMENDED PRIVATE PRACTITIONERS



**Sydney Petersen** | *La Crescenta, CA*

Trauma informed, EMDR trained, and neurodiverse affirming Licensed Marriage and Family Therapist. I specialize in working with individuals and parents of individuals with a variety of diverse needs such as Autism Spectrum Disorder, Down Syndrome, Traumatic Brain Injury survivor and others

**Contact Information:** [www.sydneyetersentherapy.com](http://www.sydneyetersentherapy.com)



**Megan Lundgren** | *Monrovia, CA*

Specializes in Marital and Premarital, Anxiety and Relationship Issues

**Contact Information:** 626.272.4908 | [megan@relationshipsforbetter.com](mailto:megan@relationshipsforbetter.com)



**Mia Lamar** | *Pasadena, CA / Online*

Associate Marriage and Family Therapist

**Contact Information:** 626.844.4782 | [mialamar.wc@gmail.com](mailto:mialamar.wc@gmail.com)



**Jocelyn Williams** | *Northern & Southern California*

Marriage and Family Therapist

**Contact Information:** [jocelyn@mobbettajo.com](mailto:jocelyn@mobbettajo.com) | [www.mobbettajo.com](http://www.mobbettajo.com)



**Melissa Herrmann**

Integration of Biblical truth with proven psychological insights

**Contact Information:** [melissaherrmann@gmail.com](mailto:melissaherrmann@gmail.com) | [www.emergecc.org/about](http://www.emergecc.org/about)



**Dr. Elke Rechberger** | *Pasadena, CA / Online*

Trauma Therapist

**Contact Information:** [elkereichberger@gmail.com](mailto:elkereichberger@gmail.com)



**Jacquelyn Larson** | *California*

Licensed Marriage and Family Therapist, and Neuro Emotional Technique practitioner

**Contact Information:** 818.875.5523



**Jasmine Vasquez** | *Arcadia / San Dimas*

Individual Therapy, EMDR Trauma Therapy, Youth and Adolescents, Family Therapy, Couple Counseling, Group Therapy

**Contact Information:** 626.515.4202 | [info@selahcounselingcenter.com](mailto:info@selahcounselingcenter.com)  
[www.selahcounselingcenter.com](http://www.selahcounselingcenter.com)

# DELIVERANCE + INNER HEALING MINISTRIES

**Hearts Set Free (Charles Kraft)** | Pasadena, CA

**Contact Information:**

[judy@heartssetfree.org](mailto:judy@heartssetfree.org)

[www.heartssetfree.org](http://www.heartssetfree.org)

**Expression58 Sozo Department** | Online + Glendale, CA

**Contact Information:**

[www.expression58.org/sozo](http://www.expression58.org/sozo)

**The Dwell Center** | Pasadena, CA

**Contact Information:**

[contact@dwellcenter.org](mailto:contact@dwellcenter.org)

[www.dwellcenter.org](http://www.dwellcenter.org)



## SUPPORT GROUPS



**Jocelyn Williams** | Northern + Southern California

Specialist + Trainer

**Contact Information:**

[jocelyn@mobettajo.com](mailto:jocelyn@mobettajo.com)

[www.mobettajo.com](http://www.mobettajo.com)

**The Grief Recovery Method**

**Contact Information:**

[www.griefrecoverymethod.com](http://www.griefrecoverymethod.com)

**Celebrate Recovery (Scott Alvarez)** | La Crescenta CV Church

**Contact Information:**

818.249.5805 x 32 | [scott.alvarez@cvchurch.com](mailto:scott.alvarez@cvchurch.com)

[www.cvchurch.com/celebrate-recovery](http://www.cvchurch.com/celebrate-recovery)

**Treasures** | Los Angeles, CA

Reaches, restores, and equips women in the sex industry and victims of sex trafficking to live healthy, flourishing lives and train others to do the same across the globe. They offer outreach, mentoring, support groups, vocational training, care packages, retreats, and connect events.

**Contact Information:**

818.986.LOVE

[www.iamatreasure.com](http://www.iamatreasure.com)

# HOUSING ASSISTANCE

**The Dream Center** | 2301 Bellevue Ave. Los Angeles, CA 90026

**Contact Information:**

213.273.7000 | [info@dreamcenter.org](mailto:info@dreamcenter.org)

[www.dreamcenter.org](http://www.dreamcenter.org)

**Door of Hope** | P.O. Box 90455 Pasadena, CA 91109

**Contact Information:**

626.304.9130

[www.doorofhope.us](http://www.doorofhope.us)

**Cathedral of Our Lady of the Angels Charities Program** | 555 West Temple St. Los Angeles, CA 90012

**Contact Information:**

213.680.5200

[www.olacathedral.org/cathedral](http://www.olacathedral.org/cathedral)

**Caring House Ministries** | 3204 Rosemead Blvd. Suite 100 El Monte, CA

**Contact Information:**

626.300.2440 | [chm@frontporch.net](mailto:chm@frontporch.net)

**City of Glendale Community Dev. Dept. Housing Programs** | Glendale, CA

**Contact Information:**

818.548.3936

[www.glendaleca.gov/government/departments/community-development/housing](http://www.glendaleca.gov/government/departments/community-development/housing)

**City of Burbank Redevelopment Agency - Burbank Housing Authority** | Burbank, CA

**Contact Information:**

818.238.5160

[www.burbankca.gov/departments/community-development/housing-economic-development/housing](http://www.burbankca.gov/departments/community-development/housing-economic-development/housing)

**Los Angeles County Housing Authority - Section 8 Satellite Office**

**Contact Information:**

626.262.4510

[www.hacola.org](http://www.hacola.org)

**Los Angeles County Housing Resource Center**

**Contact Information:**

704.334.8722

[www.socialserve.com/tenant/CA/index.html?ch=LAC](http://www.socialserve.com/tenant/CA/index.html?ch=LAC)

**Rental Housing Deals INC**

**Contact Information:**

626.281.8300

[www.rentalhousingdeals.com](http://www.rentalhousingdeals.com)

**Housing Rights Center**

**Contact Information:**

800.477.5977

[www.housingrightscenter.org](http://www.housingrightscenter.org)

**Westside Rentals**

**Contact Information:**

844.293.8899

[westsiderentals.com](http://westsiderentals.com)

**211 LA County**

[www.211LA.org](http://www.211LA.org)

# FINANCIAL ASSISTANCE

## **St. Ferdinand Outreach Center**

Gas + electric bill assistance

**Contact Information:**

818.365.3194

[www.stferdinandchurch.org/ministries/outreach-center](http://www.stferdinandchurch.org/ministries/outreach-center)

## **Salvation Army Corps Community Center**

Gas + electric bill assistance

**Contact Information:**

323.263.7577

[www.salvationarmy-socal.org/southern-california](http://www.salvationarmy-socal.org/southern-california)

## **Southern California Gas Company**

Gas bill assistance

**Contact Information:**

888.427.1345

[www.socalgas.com](http://www.socalgas.com)

## **Maravilla Foundation**

Electric bill assistance

**Contact Information:**

323.869.4500

[www.maravilla.org](http://www.maravilla.org)

## **CARE PG&E**

Electric bill assistance

**Contact Information:**

[www.pge.com/en\\_US/residential/save-energy-money/help-paying-your-bill/longer-term-assistance/care/care.page?WT.mc\\_id=Vanity\\_CARE](http://www.pge.com/en_US/residential/save-energy-money/help-paying-your-bill/longer-term-assistance/care/care.page?WT.mc_id=Vanity_CARE)

## **United Way, Inc.**

Electric bill assistance

**Contact Information:**

800.339.6993

[www.unitedwayla.org/en/get-help](http://www.unitedwayla.org/en/get-help)

## **Center for Empowerment**

Food assistance

**Contact Information:**

818.395.5755

[www.empoweredfamily.org](http://www.empoweredfamily.org)

## **California Association of Food Banks**

Food assistance

**Contact Information:**

510.272.4435

[www.cafoodbanks.org](http://www.cafoodbanks.org)

## **Westside Food Bank**

Food assistance

**Contact Information:**

310.828.6016 | [www.wsfb.org](http://www.wsfb.org)

## **LA City Department of Water and Power (LADWP)**

Water bill assistance

**Contact Information:**

800.342.5397 | [www.ladwp.com/lowincome](http://www.ladwp.com/lowincome)

## **Dream Center**

Chiropractor; GED assistance

**Contact Information:**

213.273.7000 | [www.dreamcenter.org/about-us/need-help](http://www.dreamcenter.org/about-us/need-help)

# PREGNANCY CRISIS & SEXUAL ASSAULT ASSISTANCE

## **Crisis Pregnancy Center**

### **Contact Information:**

800-NO ABORT (662-2678)

[www.lifecall.org/shelters.html](http://www.lifecall.org/shelters.html)

## **Project Sister Family Services**

| *Pomona Valley / San Gabriel*

Se habla Español

### **Contact Information:**

909.626.4357

## **Celebrate Recovery (Scott Alvarez)**

| *La Crescenta CV Church*

### **Contact Information:**

818.249.5805 x 32 | [scott.alvarez@cvchurch.com](mailto:scott.alvarez@cvchurch.com)

[www.cvchurch.com/celebrate-recovery](http://www.cvchurch.com/celebrate-recovery)

## **Rape Treatment Center (UCLA)**

| *Santa Monica, CA*

Se habla Español

### **Contact Information:**

310.319.4000

## **RAINN**

Nations Largest anti-sexual assault organization

### **Contact Information:**

800-656-HOPE

[www.rainn.org](http://www.rainn.org)

## **Sexual Assault Response Service**

| *Antelope Valley*

Se habla Español

### **Contact Information:**

661.723.7273

## **Rid of my Disgrace: Hope and Healing for Victims of Sexual Assault**

Book by Justin and Lindsey Holcomb about sexual assault and how the grace of God can heal the broken and restore the disgraced

## **Sexual Assault Valley Trauma Counseling Center Service**

Se habla Español

### **Contact Information:**

818.886.0453 (San Fernando Valley)

661.253.0258 (Santa Clarita Valley)

## **Center for Pacific Asian Family**

Crisis hotline for Chinese, Korean, Tagalog, Thai, Vietnamese

800.339.3940

## **Peace Over Violence**

Se habla Español

213-626-3393 (LA)

310-392-8381 (West LA)

626-793-3385 (San Gabriel)

# ARTISTS RESOURCES

## **Hollywood Prayer Network**

Movement of Prayer for artists and professionals, projects and productions, and the global impact of Hollywood

### **Contact Information:**

[www.hollywoodprayernetwork.org](http://www.hollywoodprayernetwork.org)



## **Abundant Life U**

Non-profit that creates career pathways that increase millennial job seekers employability in a competitive 21st century job market and teaches young job seekers an abundance of critical career and life skills for success.

### **Contact Information:**

[www.abundantlifeu.org](http://www.abundantlifeu.org)

**ABUNDANTLIFEU™**

So do not fear, for I am with you; do not be dismayed,  
for I am your God. I will strengthen you and help you;  
I will uphold you with my righteous right hand.

ISAIAH 41:10