



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

Fee: \$80 per 50 minute session

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



## 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.

### Counseling Options Available:

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