

Mental Health Resources

Free Resources

LCPC Lay Counseling

626 Foothill Blvd La Canada, CA 91011 818.790.6708 x430

Lay Counseling is designed to meet the problem situation of those persons in need of para-professional level counseling. We see to serve people with special needs in times of concern, conflict or crisis.

Ashley McDaniel Counseling (low cost/sliding scale)

Caring for the Soul

www.ashleymcdanielcounseling.com
viaashley@ashleymcdanielcounseling.com
Pasadena, CA

Ashley McDaniel, LMFT

BetterHelp.com (low cost/sliding scale)

Making professional counseling accessible, affordable, convenient - so anyone who struggles with life's challenges can get help, anytime, anywhere.

Christian Assembly Relationship Center

Low-Cost Counseling (\$50-75/hour)

Choices Counseling & Skills Center

626.470.9834
37 Auburn Ave, Ste 1
Sierra Madre, CA 91024
<https://choices.care>

Patricia Geiselman, LMFT

Info/Specialties: *DBT Certified, adults, adolescents, families, transition from residential care, anxiety/depression, suicidality, trauma, severe emotional regulation issues*

Accepts Insurance? No, but generally considered out-of-network provider for PPOs

Hello Therapy (low cost/sliding scale)

Integrative Therapy for Life's Challenges
Pasadena, CA

Esther Lee, LMFT
estherleemft@gmail.com

Melody Zhang, AMFT

Fuller Psychological and Family Services (low cost/sliding scale)

180 N Oakland Ave Pasadena, CA
91101626.584.5555

Graduate student trainee, advanced therapists, licensed professionals

The Jones Psychology Group (low cost/sliding scale)

<https://www.thejonespsychologygroup.com>
drjones@thejonespsychologygroup.com
818.659.5757 Pasadena, CA

William Jones, PhD

Alique Bedikian - Associate Member,
Clinical Psychologist

Lake Avenue Church Counseling Center (low cost/sliding scale)

393 N. Lake Ave
Pasadena, CA 91101
626.844.4794
<https://www.lakeave.org/ministries/counseling/counseling-services>

Pasadena Relationship Center

180 S Lake Ave
Pasadena, CA 91101
<http://www.pasadenarelationshipcenter.com>

Terry Walsh Liepmann, LMFT

818. 621.1393
Info/Specialties: *anxiety/depression, young adults, relationship issues, relationship coaching*
Accepts Insurance? No, but generally considered out-of-network provider for PPOs

Mental Health Resources

Katie Phillips-Rector, MDiv, LMFT
626.415.7026
Info/Specialties: *Restoration Therapy certified, EFT, faith/spirituality, tweens & teens, couples, families, young adults, family of origin issues, anxiety or depression, life transition issues, dating and relationships*
Accepts Insurance? No, but generally considered out-of-network provider for PPOs

Relationships for Better (low cost/sliding scale)
<http://www.relationshipsforbetter.com>
megan@relationshipsforbetter.com
626.272.4908
Monrovia, CA

Megan Lungdren, LMFT and Associates

Spaces Therapy (low cost/sliding scale)
<http://janiemcglasson.com>
janie.mcglasson@gmail.com
323.498.4448
Highland Park, CA

Janie McGlasson, LMFT
Jed Meyers, AMFT
Naomi Choi, AMFT
Mady Snyder, AMFT

Soul Tenders (low cost/sliding scale)
41 E Foothill Blvd, Suite 102
Arcadia, CA 91006
www.soultenders.com
Multiple therapists in locations available in greater LA area
Accepts Insurance: Yes, takes all insurances

Teen Translation, Inc. (low cost/sliding scale)
A private practice specializing in adolescent and family counseling
626.529.5780
Pasadena, CA
www.teentranslation.com

Janelle Froehlich, LMFT
janelle@teentranslation.com

Emily Donavon, AMFT

Jacquelyn Larson, AMFT

Cathie Bautista, MSW, LCSW
(818) 216-6690
4536 Rinetti Lane
La Canada, CA 91011
cathiebautistalcsw@gmail.com

Info Specialties:
Individual, couples, young adults, divorce, PTSD, DV, trauma, substance abuse issues, anxiety, depression, grief, mindfulness, EFT, CBT.
Accept Insurance? No, but generally considered out-of-network provider for PPOs. Will provide superbills.

Lorraine Cummings, LCSW, Z-ASWCM
626-201-1717
<http://www.caringwithpassion.com>
Info/Specialties: *aging, geriatric issues, children w/ aging parents, in-home evaluations for the elderly*
Accepts Insurance? No, but flexible cost arrangements

Miya Erickson, MSW, Psy.D.
(626) 566-7789
448 S. Marengo Ave
Pasadena, CA 91101
drmiyeerickson@icloud.com
Adolescents, Adults & Couples
Specialties: Anxiety, Depression, Postpartum, Work/life balance, Parent//Teen conflict, Life Transitions, Adoption
Accepts Insurance? No, but generally considered out-of-network provider for PPOs

Karen Martin Fielder, MS LMFT
626-344-8146
444 S Marengo Ave
Pasadena, CA 91101
Karen@foothillcounseling.com
<http://www.foothillcounseling.com>

Info/Specialties: EFT and EMDR certified, *marriage & couples, trauma, depression/anxiety, ADHD, divorce, sex and intimacy, infertility, new parents*
Accepts Insurance? No, but generally considered out-of-network provider for PPOs

Mental Health Resources

Mark Hastings, LMFT

626-429-5469
131 N. El Molino Ave, Ste 315
Pasadena, CA
www.markhastingsmft.com

Info/Specialties: *Men, Boy Children, Parenting, School Consultations, Anger, Depression, Religion/Faith Issues, Sex/Pornography Addiction, Family of Origin*
Accepts Insurance? Yes, also provides superbill and some reduced fees. (Regular rate \$160/session)

Ryan Howes, Ph.D, ABPP

626.449.1434
595 E. Colorado Blvd., #432
Pasadena, CA 91101
ryan@ryanhows.net
http://www.Ryanhowes.net

Info/Specialties: *men's issues, couples and pre-marital, grief, stress, anxiety/depression, spirituality, athletic performance, creativity exploration, writing and writer's block*
Accepts Insurance? Yes

Kent S. Kinzley, MA LMFT

(626) 440-7322
595 E. Colorado Boulevard
Suite 629
Pasadena, CA 91101-5222
kkinzley@sbcglobal.net
http://kentkinzley.com

Info/Specialties: *neurofeedback for various issues including ADHD, young children anxiety/depression, stress management, anger management, grief/loss, professional/academic performance, LGBT issues*
Accepts Insurance? Yes

Sarah Jin, MS LMFT

(626)755-5238
180 S. Lake Ave Suite 320
Pasadena, CA 91101
sarahjinmft@gmail.com
http://www.sarahjintherapy.com

Info/Specialties: *Fluent in Korean & English, Additional Degrees in Special Education and Child Psychology, Restoration Therapy certified including Marriage Strong training,*

Trauma-Focused CBT certified for children & teens, object relations therapy, Asian Americans, gender & sexuality issues especially with adolescents, divorce
Accepts Insurance?: Yes

Jennifer Shim Lovers, MS LMFT, MDiv

626.344.8708
(At The Center for Connection in Pasadena)
pasadenafamilytherapist@gmail.com
http://www.pasadenafamilytherapist.com

Info/Specialties: *children, couples and families, parenting issues, tweens & teens, infants & early childhood, mindfulness, substance abuse and co-occurring disorders, PTSD, Trauma-Focused CBT, Asian Americans, interracial couples, multi-ethnic families, Hospital and Hospice Chaplaincy*
Accepts Insurance? No, but generally considered out-of-network provider for PPOs

Richard Michalsen, Phd

(626) 587-4442 x13
Pacific Psychological Resources
200 E. Del Mar Blvd., Suite 122
Pasadena, California 91105

Info/Specialties: *former middle school teacher, children/tweens/teens, adults, divorce, blended family issues, oppositional defiance, anger management, peer relationships, teen violence, depression, self-esteem, spirituality, ADHD, Anxiety*

Dr. Clifford and Joyce Penner: Penners, Loewen, Symingtons & Georgianna

626-793-5241
200 E Del Mar Blvd, Ste 126
Pasadena, CA 91105
http://www.passionatecommitment.com

Info/Specialties: *couples, marriage, sex and intimacy issues, sexual dysfunctions, affairs, several publications related to sexuality and intimacy*
Accepts Insurance? No, but generally considered out-of-network provider for PPOs

Mental Health Resources

Katie Welch, LMFT

626.502.3736

2 Locations: Eagle Rock & Pasadena
(Pasadena Relationship Center)

www.katiewelchtherapy.com

Info/Specialties: *Restoration Therapy and Parent-Child Interaction Therapy certified, children & early childhood, childhood development and sensory integration issues, multi-cultural identity, couples, dating and relationship issues, families*

Accepts Insurance? No, but generally considered out-of-network provider for PPOs

Additional Mental Health Support

Support Groups

Shepherd Church- Renew Mental Health Ministry

www.shepherdchurch.com/renew

Resources

The Child Mind Institute

Childmind.org

The Child Mind Institute is an independent, national nonprofit dedicated to transforming the lives of children and families struggling with mental health and learning disorders. Our teams work every day to deliver the highest standards of care, advance the science of the developing brain and empower parents, professionals, and policymakers to support children when and where they need it most.

Center for Mindful Self-Compassion

www.CenterforMSC.org

Kristin Neff, Self-Compassion

self-compassion.org

Apps and Podcasts

One Minute Pause App

Live from Rest App

Calm App

Headspace App

Oak- Meditation and Breathing App

Pray as you Go App or <https://pray-as-you-go.org/>