

## Counseling Agencies in Monterey County

### **Catholic Charities Diocese of Monterey:** (831) 393-3110

<https://catholiccharitiesdom.org>

#### Locations:

- Monterey Peninsula (831) 393-3110
- Salinas Valley (831) 422-0602
- South Monterey County (831) 525-6546
- Watsonville (831) 722-2675

#### Services:

- Assistance with rent, utilities, MediCal applications
- Legal Immigration and Citizenship Services
- Tattoo Removal Clinic
- CalFresh and Nutrition Education
- English and Spanish

### **Community Human Services/Family Service Center:**

<https://chservices.org>

Seaside Family Service Center  
1178 Broadway  
Seaside, CA 93955  
(831) 694-4622

Salinas Family Service Center  
433 Salinas Street  
Salinas, CA 93901  
(831) 757-7915

#### Services:

- Counseling for individuals, couples and families
- Domestic Violence Program
- Parent Education
- Supervised Visitation
- Substance Abuse Treatment
- English and Spanish

### **Harmony at Home:**

<http://harmony-at-home.org>

Locations: Carmel (831) 625-5160, Salinas (831) 272-6644

#### Services:

- Children 1<sup>st</sup> (program for children ages 5-18 and their parents going through separation/divorce) \$50/class per adult, \$25/class-children, classes free to families living in Soledad, Greenfield, King City <https://harmony-at-home.org/programs/children-1st>
- Teen Success, Inc (Counseling, education and support for teen moms)
- Bullying Prevention
- Sticks & Stones (School-based counseling program for children exposed to violence and trauma)
- Counseling for adults, couples, teens and families without insurance on sliding scale (\$50-\$90/session)

### **Ohana/Montage Health:**

<http://www.montagehealthohana.org>

Ryan Ranch, Monterey (831) OHANA01

#### Services:

- Outpatient clinic (Individual therapy for children and teens, family therapy, psychiatry, occupational therapy)
- Intensive Outpatient Program (IOP)
- Partial Hospitalization Program (PHP) and Residential Treatment Programs opening in the future

**Family Service Agency of the Central Coast:** Serving: Monterey, Santa Cruz and San Benito Counties

<https://fsa-cc.org>

104 Walnut Avenue, Suite 208  
Santa Cruz, CA 95060  
(831) 423-9444 x200

2901 Park Avenue, Suite A#  
Soquel, CA 95073  
(831) 346-6771 x200

Services:

- 24-hour Suicide Crisis Line 1-877-663-5433 (ONE LIFE)
- Therapy with licensed therapist and interns (individual, couples, and families)
- Accept Medi-Cal through Central Coast Alliance for Health and Medicare, sliding scale related to monthly income
- Survivors Healing Center (Individual counseling and support groups, classes and workshops for survivors of child sexual abuse)
- English and Spanish

**Victim-Witness Assistance:**

<https://www.co.monterey.ca.us/government/departments-a-h/district-attorney-old/victim-witness-unit>

142 West Alisal Street, Suite A  
Salinas, CA 93902  
(831) 755-5072

Services:

- Crisis Intervention
- Emergency Assistance
- Resources and Referral Counseling
- Court Escort/Court Support
- Temporary Restraining Order Information

**Village Project:**

<https://www.villageprojectinc.org/services>

1069 Broadway Avenue, Suite 201  
Seaside, CA 93955  
(831)392-1500

Services:

- Counseling for adults, teens, and youth
- African American Esteem Raising Youth Group & Adult Support Group
- Adolescent Female Empowerment Group
- Equine Therapy
- At Risk Youth Academic Support

**YWCA Monterey County:**

<https://www.ywcamc.org>

11 Quail Run Circle  
Salinas, CA 93901  
(831) 422-8602

Services:

- 24-hour crisis line (831) 372-6300, (831) 757-1001
- Domestic violence response team
- Human Trafficking Services
- Legal Advocacy
- Mental Health Services
- Training, Education & Support Groups
- Youth Outreach & Prevention