



Resources for Mental Health & Wellbeing



Gutierrez, Fernando, EdD, JS., Psy.D.

Lic. #PSY8801
44809 Fern Ave.
Lancaster, CA 93534
(818) 457-0376
(English, Spanish)

Associated Christian Therapy Services, Inc.

41765 12th Street Wes, Suit D
Palmdale, CA 93551
Phone: (661) 940-4861
Fax: (661) 942-4511
<http://www.christiantherapy.net/>

SRD Straightening Reins

Mental Well-Being and Hope through Horses
Santa Clarita, CA
Deborah S. Rocha Executive Director
(661) 803-1641
<https://srdstraighteningreins.org/srd-brochure> link to brochure
<https://srdstraighteningreins.org/>

NAMI Support Groups

Affiliate Contact Information:
Website Address: namiantelopevalley.com
Phone Number: (661) 341-8041
Address: 44349 Lowtree Ave. Suite 104 Lancaster, CA 93534
Email: nami-av@nami-av.org

Services:

NAMI Antelope Valley provides support and referral services to people in need.

Resources:

- | | |
|-----------------------|---------------------|
| *Family Support Group | *Hearts and Minds |
| *Family to Family | *First Aid |
| *Basics | *Provider Education |
| *Peer to Peer | *FaithNet |
| *Connection | |
| *In Our Own Voices | |

Kaiser Permanente Behavioral Department
<https://namica.org/partners/kaiser-permanente/>
(661) 341-8041

NAMI Family Support Group

Meets every 2nd and 4th Monday of each month (excluding holidays) at 7PM
Antelope Valley Hospital 1600 W. Ave J Lancaster CA 93534

NAMI Connection Support Group

Meets every 2nd and 4th Monday of each month (excluding holidays) at 7PM
44349 Lowtree Ave., Lancaster CA 93534
<https://namiantelopevalley.com/meetings-schedules/support-groups/>

Insight

Mental Health & Addiction Treatment for teens and their Families
www.insighttreatment.com
Santa Clarita (one of 5 centers)
26330 Diamond Pace
Ste.#120-#130
Santa Clarita, CA 91350
800.599.8820

Wellness Club - Paraclete High School

This club is for anyone interested in wellness and/or looking for strategies to help deal with life. It does not take the place of professional help.
We meet every other Thursday (usually 1st & 3rd) Thursday of the month, both on campus & on Zoom.

Information and sign up is available on each classes counselor Google Classroom. You can also contact any of the counselors for more information.

Mr. Landa alanda@paracletehs.org ext 113,
Mrs. Pierson bpierion@paracletehs.org ext 119 or
Mrs. School pschoorl@paracletehs.org ext 112.

The names of the listed professional are provided as a service only. Their services are not endorsed, sanctioned, or in any way guaranteed by the Archdiocese of Los Angeles, Paraclete High School or its parishes or other ministries.

Check with your health insurance and family doctor for more references.