

FREE

Cognitive Behavioral Therapy (CBT) Consultation Clinic

The Southern California Counseling Center
5615 W. Pico Blvd, Los Angeles, CA 90019
(323) 937-1344 – www.sccc-la.org

Come receive a one-time FREE CBT consultation and education from experienced mental health counselors!

CBT is a highly effective type of mental health treatment that helps people who suffer from:

Depression, anxiety disorders (such as panic disorder, social phobia, obsessive-compulsive disorder), low self-esteem, family/marital/relationship problems, grief and loss, etc.

CBT helps people develop hands-on therapeutic skills to improve the quality of their lives. It helps to elevate daily functioning by reducing stress, improving mood, assisting with communication skills, anger management skills and in raising self-esteem.

The CBT Clinic will offer one-time **No-Cost** Cognitive Behavioral Therapy consultations at the Southern California Counseling Center on the first Sunday of every month. The next clinic is on:

Sunday, July 11th, 2010 from 2pm to 6pm
(moved up one week due to July 4 holiday)

The August Clinic will be on Sunday, August 1st, 2010

The service is offered on a "first-come-first-served" basis. No prior appointment is required. Simply come to the Southern California Counseling Center at the above address on the day of the Clinic and sign in for a free consultation session. We hope to see you there.