



WHAT IS THE *CENTER FOR COMMUNITY COUNSELING*?

The Center for Community Counseling (CCC) provides low-cost individual, couple, and family counseling services to the San Diego community. The Center functions in conjunction with the Master's degree programs in the Department of Counseling and School Psychology at San Diego State University in the College of Education - the Community-Based Block and the Marriage and Family Therapy programs.

The Center holds the view that the individual, the family, and larger society are all important in the development and resolution of people's problems. Treatment approaches address all three areas. Graduate students provide the counseling and marriage and family therapy under direct supervision. All the supervisors are licensed Marriage and Family therapists, psychologists, Approved Supervisors of the American Association for Marriage and Family Therapy and/or members of the Counseling and School Psychology counseling faculty at the university.

WHEN IS COUNSELING HELPFUL?

Everyone experiences problems in the course of life. Some problems pass with time; some can be resolved with personal, creative problem solving; some can be resolved by consulting with family, friends, or through other resources. Sometimes problems persist in spite of all attempts to resolve them. At times, they are just too numerous and overwhelming to manage without additional support. When this occurs, counseling services can provide assistance in problem solving.

Individual counseling may be particularly useful for:

- ◆ life changes, such as relationship loss
- ◆ cultural isolation or dislocation
- ◆ sexual identity difficulties
- ◆ ongoing stressors such as depression, substance abuse, or interfering habits

Relationship or family counseling may be particularly useful for:

- ◆ problems occurring for one family member that begin to affect the whole family - children's school related problems, depression in one partner, or poor communication
- ◆ family or relationship change such as by divorce, death, or separation
- ◆ cultural conflict within relationships
- ◆ sexual conflict within the family



The Center is committed to:

- ◆ applying established as well as cutting edge clinical theory and practice
- ◆ supporting intervention and prevention services
- ◆ promoting and implementing multicultural understanding and respect
- ◆ maintaining a high standard of training, supervision and community service

REFERRALS AND INFORMATION

The Center does *not* provide emergency services or crisis intervention. Staff members are *not* able to provide medication, 24-hour phone access, or emergency appointments. However, referral to and collaboration with other community resources are provided.

When Center staff are not available, the phone is monitored by voice mail. Calls are returned promptly within 24 hours except on weekends.

The Center strives to provide counseling to the community at an affordable cost and to give graduate students theoretical and clinical training in individual, couple, and family counseling and therapy.

**COUNSELING HOURS:
By Appointment Only
(619) 594-4918 Ext. 2**

Confidentiality is respected at all times

FEES:

A sliding scale fee schedule is offered. Fees range from \$5 to \$50 an hour according to the client's ability to pay. (We are unable to accept insurance.) The CCC is a non-profit service.

DIRECTIONS TO THE CCC

From Interstate 8: Exit at Fairmount Ave. going south. At the cross street of Meade (the first light), the street becomes 43rd Street. Continue on this street to the intersection with El Cajon Blvd. We are located in the SDSU City Heights Community Center, on the corner of El Cajon and 43rd. Turn right on El Cajon and left at Van Dyke, the first left. Turn left into the parking lot. Please enter the building from the side entrance facing the parking lot. Our Suite number is 215. Go up the stairs near the entrance and turn right at the top of the stairs.

By bus: The following buses stop one half block from the Center at Fairmount and El Cajon Blvd.

From SDSU & San Carlos: Take the #115 bus. Transfer to #15 at College Ave. & El Cajon Blvd.

From El Cajon or downtown San Diego: Take #15 bus.

From Fashion Valley and Euclid Avenue Trolley Station: Take #13 bus.

From 73rd & El Cajon Blvd. Or Downtown San Diego: Take #1 bus.

**Department of
Counseling & School
Psychology**

*Center for
Community*



Counseling

Individuals
Couples
Families

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