



Pathways to Health & Wellness

Mental Health Counseling Services

Our community health services support your emotional wellness by providing **free and confidential counseling** for individuals and families. If you are experiencing anxiety, depression, trauma, emotional difficulties, or stress that feels unmanageable, these services are for you.

We welcome everyone – no payment or insurance required.
To make an appointment, please call: **(925) 941-7940**

1-Hour Individual & Family Counseling Appointments:
Most Saturdays from 9am-12pm

Village Community Resource Center
633 Village Dr., Brentwood, CA 94513

Services available in English and Spanish



VILLAGE COMMUNITY
RESOURCE CENTER





Caminos hacia la salud y el bienestar

Servicios de consejería de salud mental

Nuestros servicios de salud comunitarios respaldan su bienestar emocional al brindar asesoramiento **gratuito y confidencial** a individuos y familias. Si experimenta ansiedad, depresión, trauma, dificultades emocionales o estrés que se siente inmanejable, estos servicios son para usted.

Damos la bienvenida a todos, no se requiere pago, ni seguro. Para hacer una cita, por favor llame a: **(925) 941-7940**

Citas de consejería individual y familiar de 1 hora:

Sábados de 9am-12pm

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Servicios disponibles en inglés y español



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