



**Family Wellness Center**

A Program of San Diego Center For Children

The Family Wellness Center is an outpatient program of the San Diego Center for Children.



**Services offered in two centrally located clinics  
and via telehealth:**

Family Wellness Center  
Alvarado

6386 Alvarado Court, Suite 310  
San Diego, CA 92120  
619-668-6200

Family Wellness Center  
Mission Valley

2655 Camino Del Rio North, Suite 460  
San Diego, CA 92108  
619-668-6200

# We specialize in outpatient therapy services, psychological assessment, and family support services.

Our team of talented mental health professionals help children, teens, young adults, and family members discover individual strengths, build strong families, and provide guidance through personal challenges. Our clinical approaches are evidence-based, culturally relevant, collaborative, and trauma-informed. We are here to provide services that will instill hope in a more positive future.



## Who We Serve

- Children and adolescents, ages 4-18
- Young adults, college-age students
- Families or caregivers with children

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## What We Treat

- Social and emotional problems, including isolation and bullying
- Behavioral challenges
- Mood issues, including depression and anxiety
- ADHD
- Family conflict and communication challenges
- Grief, loss, and life transitions



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## Learn skills and tools to:

- Cope with challenges and emotions
- Improve family communication
- Resolve conflict
- Address parenting challenges
- Develop healthy relationships
- Build positive self esteem

# What makes Family Wellness Center unique?

- Compassionate and welcoming staff
- Family-friendly environment
- We respect and honor all family compositions and genders
- Expert therapists in proven therapy models
- Offering therapy services in Spanish



## Psychological and Educational Assessments

- Comprehensive Psychological Evaluation and Assessment for youth and adults
- Diagnostic clarification and recommendations for future success

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## Outpatient Counseling Services

- Individual and family therapy
- Skill building groups for youth and parents
- Parent Child Interaction Therapy (PCIT) for youth ages 3-7 yrs old and their caregivers
- In-person and Telehealth services available
- We accept many insurance plans and self-pay with reasonable rates



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**Learn more at [www.centerforchildren.org/fwc](http://www.centerforchildren.org/fwc)**



The San Diego Center for Children provides programs within eight sites, hundreds of homes, schools and communities throughout the region, empowering the lives of over 1,000 children and families every day.

## Mission

We empower children and families through transformative mental health care and educational services.



## Vision

Inspire a world where children and families live joyful, healthy lives.

San Diego Center for Children  
Main Campus  
3002 Armstrong Street  
San Diego, CA 92111

For a phone directory of all programs or general assistance:  
(858) 277-9550

[www.centerforchildren.org](http://www.centerforchildren.org)