



Pet Loss Support Program

RESOURCES

Call 211, Information & Referral Center - 24/7, www.211sandiego.org

Up2SD Tele-support: 888-724-7240

(select option 1 to reach a mental health professional)

“Warm Line”: 619-295-1055

Friendly telephone support, non-emergency phone line. Open Everyday from 3:30pm – 11pm (Closed holidays)

Association for Pet Loss and Bereavement, <http://www.aplb.org/>

Professionally trained volunteers in pet bereavement and counseling

California Veterinary Medical Association, <https://cvma.net/resources/pet-loss-support/>

California Pet Loss support groups and resource guide to coping with the passing of a pet.

Pet Loss Grief Support, <http://www.petloss.com/>

Gentle and compassionate website for pet lovers. Here you will find personal support, thoughtful advice, healing poetry, and more.

Pet Loss Support Page, <http://www.pet-loss.net/>

Ten tips on coping with Pet Loss by Moira Anderson Allen, M.Ed.

The Recovery Village, <https://www.therecoveryvillage.com/mental-health/grief/>

Mental health support for individuals who are dealing with grief and are at risk for relapse and depression.

TedX Talk: The Emotional Costs of Euthanasia by Dr. Sarah Hoggan, DVM,

https://www.ted.com/talks/sarah_hoggan_the_emotional_costs_of_euthanasia

Rancho Coastal Humane Society

389 Requeza Street, Encinitas CA 92024

www.SDPets.org/PetLossSupportProgram



GRAPES

Gentle to Self:

- ❖ Talk more Kindly to myself
- ❖ Try to forgive myself
- ❖ Try to encourage myself rather than criticize
- ❖ Reflect on:
 - What I value most in life
 - Enjoyable moments
 - My dreams
 - What I am Thankful for
 - What I like to do
- ❖ Read a self-help or self-nurturing book
- ❖ Write an encouraging letter to myself
- ❖ Read the Personal Bill of Rights ([see copy](#))
- ❖ Practice positive affirmations
- ❖ Communicate my needs/ feelings to a loved one
- ❖ Say no to an inconvenient request
- ❖ Drink enough water daily
- ❖ Meditate

Relaxation: Get your body to relax & your mind will follow:

- ❖ Learn to relax your body and muscles
- ❖ Yoga
- ❖ Qigong
- ❖ Progressive muscle relaxation
- ❖ Guided Imagery
- ❖ Body Scan
- ❖ Acupuncture
- ❖ Massage
- ❖ Deep Breathing
- ❖ Sauna/ hot tub
- ❖ Remind yourself that it is Ok to relax
- ❖ Go look at the stars
- ❖ Watch the sunrise or sunset

Accomplishments:

- ❖ Make a healthy meal for myself
- ❖ Buy healthy groceries for the week
- ❖ Make a meal plan
- ❖ Go to therapy
- ❖ Do laundry
- ❖ Clean home
- ❖ Pay bills/set up automatic payments
- ❖ Donate old clothes to charity

Pleasure:

- ❖ Go to dinner
- ❖ Watch a movie/ read a book or poetry
- ❖ Get a massage or hair cut
- ❖ Relax at the beach or park
- ❖ Do a puzzle
- ❖ Do an art project
- ❖ Visit a museum
- ❖ Look for ideas/ events in the San Diego Reader, City Beat magazine, or meetup.com
- ❖ Visit an art gallery, walk around Seaport Village
- ❖ Go to the Farmer's Market, buy fresh flowers

Exercise:

- ❖ Go for a walk
- ❖ Join a gym
- ❖ Go to a yoga class, Pilates, Zumba
- ❖ Go for a hike, bike ride, kayaking
- ❖ Walk around the beach

Social:

- ❖ Invite a friend for lunch
- ❖ Talk to members of the group on the break
- ❖ Attend a meetup.com group
- ❖ Go to a social group through church
- ❖ Call a friend or family member
- ❖ Send an email to someone you care about
- ❖ Take a class(Community Colleges or an art class)
- ❖ Write a letter to an old friend
- ❖ Tell someone how you feel about them

Please see the following links for relaxation:

<https://students.dartmouth.edu/wellness-center/wellness-mindfulness/relaxation-downloads#muscle>

<https://www.loyola.edu/department/counseling-center/students/relaxation>

<https://www.sandiego.edu/counseling-center/resources/relaxation-exercises.php>

<http://www.sfu.ca/students/health/>

<https://medschool.ucsd.edu/som/fmph/research/mindfulness/mindfulness-resources/Pages/default.aspx>





End of Life Services

Burial & Cremation Services:

Angel Paws Pet Cremation

Address: 120 N. Pacific Street #C-4, San Marcos, CA 92069
Phone: 760-510-1010
Email: info@angelpawscremation.com
Website: <http://www.angelpawscremation.com>

Circle of Life

Contact: For an Immediate 24/7 Text Message response please contact us through Yelp
Phone: 800-791-0906
Email: cremations@circleoflifepet.com
Website: <http://www.circleoflifepet.com>

Sorrento Valley Pet Cemetery & Crematory (24 Hour Service Available)

Address: 10801 Sorrento Valley Rd, San Diego, CA 92121
Phone: (619) 276-3361
Email: info@svpetcemetery.com
Website: <http://www.svpc.biz>

West Coast Pet Memorial

Address: 8995 Crestmar Pt., San Diego, CA, 92121
Phone: (858) 909-0009
Email: info@westcoastpetmemorial.com
Website: <http://www.westcoastpetmemorial.com>





End of Life Services

In-Home Euthanasia Services:

Dr. Sue Redpath, DVM

Phone: 760-632-9444

Website: www.drsuehomevet.com

Peaceful Passing (serving North County)

Dr. Mireille Boisse, DVM

Dr. Gary Haver, DVM

Abbey Navarro, Receptionist

Phone: 760-730-3300

Website: <http://peacefulpassingpets.com>

Loving Hands Vets

Dr. Tiffany Palozzi, DVM

Dr. Stephanie Schneider, B. VetMed

**Available Mondays – Saturdays, and Sundays by appointment

Phone: 760-840-7746

Website: www.lovinghandsvets.com

Compassionate Heart

Dr. Sondra Elson, DVM

Phone: (619) 344-0045

Email: DrSondra@MyCompassionateHeart.com

Website: <http://www.compassionforyourpet.com>



Rancho Coastal Humane Society

Pet Loss Support Program

Pet Memorial Gifts:

- **Glass Blown Pet Memorial Gifts:**
 - <https://davenportmemorialglass.com/product/cremation-paw/>
- **Pet Memorial Wind Chimes:**
 - https://smile.amazon.com/Pet-Memorial-Wind-Chime-Remembrance/dp/B01MQ5JXBP/ref=sr_1_5?keywords=pet+memorial+windchime&qid=1570399898&sr=8-5
- **Pawprints Memorial Pet Tag Frame:**
 - https://smile.amazon.com/Pawprints-Memorial-Pet-Tag-Frame/dp/B0038IWHR0/ref=sr_1_1?crid=2HCYKRQVPB3C2&keywords=pawprints+memorial+pet+tag+frame++pawprints+left+by+you&qid=1570400218&srefix=pawprints+memoria%2Caps%2C191&sr=8-1
- **Paw Print Pet Memorial Stone w/ picture & poem:**
 - https://smile.amazon.com/Paw-Print-Pet-Memorial-Stone/dp/B00YD861HQ/ref=sr_1_3_sspa?keywords=paw+print+pet+memorial+stone&qid=1570400323&sr=8-3-spons&psc=1&spLa=ZW5jcnlwdGVkUXVhbGlmaWVyPUEzVUZXMzNLSFpNTUVRJmVuY3J5cHRIZElkPUEwMDM3NzQwRVRGU0NDTFhONDZEJmVuY3J5cHRIZEFkSWQ9QTA5MDE2NTRQNFVWVEpWMIY3UUlmd2lkZ2V0TmFtZT1zcF9hdGYmYWN0aW9uPWNSaWNrUmVkaXJlY3QmZG9Ob3Rmb2dDbGljaz10cnVl



Rancho Coastal Humane Society

Pet Loss Support Program

Pet Memorial Gifts:

- **Paw Print Stone w/ picture:**
 - https://www.amazon.com/Prints-Hearts-Memorial-Customizable-Memorial/dp/B01EPAM65W/ref=sr_1_10?crid=2NWSZ8EUJO1HZ&keywords=pet+loss+gifts&qid=1567145751&s=gateway&srefix=pet+loss%2Caps%2C206&sr=8-10
- **Paw Print Pet Memory Picture Frame – Black Stand:**
 - https://smile.amazon.com/Midlee-Black-Stand-Frame-Print/dp/B07HCQZ9P6/ref=sr_1_29?keywords=paw+print+memory+picture+frame&qid=1570400579&sr=8-29
- **Paw Print Pet Memory Picture Frame – 2 paw prints:**
 - https://smile.amazon.com/SCIROKKO-Pet-Memorial-Picture-Frame/dp/B07NY17J4N/ref=sr_1_10?keywords=paw+print+memory+picture+frame&qid=1570400627&sr=8-10
- **“No Longer by our side” Pet Memorial Frame:**
 - https://smile.amazon.com/Memorial-Picture-Keepsake-Perfect-Remembrance/dp/B07F9T18YV/ref=sr_1_4?keywords=no+longer+by+our+side+picture+frame&qid=1570400774&sr=8-4
- **Pearhead Pet Collar Keepsake Photo Frame:**
 - https://smile.amazon.com/Pearhead-Dog-Collar-Keepsake-Frame/dp/B00ZUC8V7W/ref=sr_1_3?keywords=pearhead+forever+in+my+heart+pet+picture+frame&qid=1570400915&sr=8-3



Rancho Coastal Humane Society

Pet Loss Support Program

Pet Memorial Gifts:

- **“Once by my Side” Silver Cuff Bracelet:**

- https://smile.amazon.com/Forever-Heart-Bracelet-Memorial-Bracelets/dp/B07561F58S/ref=sr_1_1?crid=R6ET8KI0A45P&dchild=1&keywords=once+by+my+side+forever+in+my+heart+cuff+bracelet&qid=1570401008&sprefix=once+by+my+%2Caps%2C195&sr=8-1

- **Pet Memorial Stones:**

- https://www.amazon.com/Carson-BEADWORK-GARDEN-STEPPING-FOOTPRINT/dp/B008O5FDTQ/ref=pd_cp_86_1?pd_rd_w=eqzaK&pf_rd_p=ef4dc990-a9ca-4945-ae0b-f8d549198ed6&pf_rd_r=E4C2D4N3C8YR148KN3QM&pd_rd_r=1c402e25-4c10-4180-b6ae-7e3730cb3574&pd_rd_wg=Bt1xD&pd_rd_i=B008O5FDTQ&psc=1&refRID=E4C2D4N3C8YR148KN3QM

- **Dog Bone Memorial Garden Stone:**

- https://smile.amazon.com/JHP-Memorial-Garden-Outdoor-Backyard/dp/B07RY83T24/ref=sr_1_2?keywords=dog+bone+with+a+memorial+candle&qid=1570401594&sr=8-2

- **Dog/Cat Pet Memorial Photo Frame:**

- https://smile.amazon.com/Neko-Cafe-Gift-Sets-Memorial/dp/B07PLKSP8D/ref=pd_rhf_se_p_img_1?encoding=UTF8&psc=1&refRID=SEB075B2CXY9N67NJ3G3



Rancho Coastal Humane Society

Pet Loss Support Program

Pet Memorial Gifts:

- **Pet Loss Poems Book:**

- https://smile.amazon.com/Pet-Loss-Poems-Heal-Heart/dp/1732437521/ref=sr_1_2?keywords=pet+loss+poems+to+heal+your+heart&qid=1570403092&sr=8-2

- **Pet Memorial Candles:**

- https://smile.amazon.com/Healing-Hearts-Pet-Memorial-Candle/dp/B072M5VKD5/ref=sxbs_sxwds-stvp?keywords=neko+cafe+forever+in+my+heart+pet+memorial&pd_rd_i=B072M5VKD5&pd_rd_r=8e78b6d8-f932-4f3f-93e2-5c9a0f921f11&pd_rd_w=nP3G0&pd_rd_wg=1W39B&pf_rd_p=a6d018ad-f20b-46c9-8920-433972c7d9b7&pf_rd_r=CJMJM3ERMQVWVA0ZN3H8&qid=1570401820
- https://smile.amazon.com/One-Fur-All-Eco-Friendly-Paraffin-Free/dp/B0711X79FB/ref=sr_1_8_sspa?keywords=neko+cafe+forever+in+my+heart+pet+memorial&qid=1570401876&sr=8-8-spons&psc=1&spLa=ZW5jcnlwdGVkUXVhbGlmaWVyPUEwWTgyVEo0TzVGMkgzJmVuY3J5cHRlZElkPUEwMzkwNTU5RUtVUDM2NDhKWDlaJmVuY3J5cHRlZEFkSWQ9QTA1OTA0NTEkXODlxRENRE03JndpZGldE5hbWU9c3BfbXRmJmFjdGlvcj1jbGlja1JlZGlyZWNOJmRvTm90TG9nQ2xpY2s9dHJ1ZQ



Rancho Coastal Humane Society -- Therapist Resource List:

San Diego Locations

1. Freedom Within Therapy and Wellness Center

Email: help@freedomwithincenter.com
Phone: 619-363-1920
Website: www.freedomwithincenter.com
Address: 2356 Moore St, Suite 100, San Diego, CA 92110
Availability: Mon-Fri 8am - 8pm; Sundays 10am - 2pm

"Our goals is to help you work through and process any issues or concerns that may be impacting your life or your ability to move forward. We provide a non-judgmental space with caring clinicians to help you through your journey. Our practice focuses on adults and couples working through transitional issues, relationship struggles, grief and loss as well as anxiety, depression and trauma."

2. Positive Change Counseling Center

Email: info@pccounselingcenter.com
Phone: 619- 733-6414
Website: www.pccounselingcenter.com
Address: 11590 W. Bernardo Ct., Suite 230, San Diego, CA 92127
Availability: Monday - Friday, 8am - 8pm and Saturdays 9am - 3pm

Positive Change Counseling Center (2nd Location)

Address: 5480 Baltimore Dr., Suite106 & 250, La Mesa, CA 91942
Availability: Monday - Friday, 8am-8pm and Saturdays and Sundays, 9am-4pm

"The collection of therapists at Positive Change Counseling Center are compassionate, strength based, solution- focused therapists who provide support and feedback to clients in a safe and comfortable environment. Our group of therapists work with clients to help resolve current issues and symptoms as well as long-standing patterns or behaviors."

3. Marian Formanes, LMFT, ATR

Email: guidance@curiouspurpose.com
Phone: 619-663-6762
Website: curiouspurpose.com
Address: 8330 Allison Avenue, Suite D, La Mesa, CA 91942
Availability: Saturdays, 10am – 5pm

"I'm a licensed marriage and family therapist and registered art therapist who guides people towards living a more meaningful life through genuine connection. I offer non-judgmental curiosity, empathy, different perspectives, and a healthy dose of lightheartedness during our work together. Engaging in art therapy requires no prior art experience, just a willingness to create!"

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(760) 753 – 6413 www.sdpets.org

Rancho Coastal Humane Society -- Therapist Resource List:

San Diego Locations

4. **Dr. Gina Taffi**, Ph.D., Psy.D.

Phone: 858-699-8011

Website: www.ginamtaffiphd.com

Address: 3790 Via De La Valle, Suite 114, Del Mar, CA 92014

Availability: *scheduled by appointment

"I am a licensed Clinical Psychologist and Psychoanalyst with more than 25-years of clinical experience. I am in private practice with a clinical orientation that also integrates a Christian worldview. I treat individuals who are experiencing anxiety, relationship difficulties, addictions, depression, grief, eating disorders, and complex trauma."

5. **Right Mind Therapy**, Sean Brannan, LMFT, CHt

Email: rightmindhelp@gmail.com

Phone: 619-865-6210

Website: Rightmindtherapy.com

Address: 2333 Camino Del Rio South, Suite 160, San Diego, CA 92108

Availability: Mon., Wed, Fri., 930am - 630pm (**Tues./Thurs./Weekends by appointment, house calls only)

"Sean is cognitive behavioral hypnotherapist and licensed marriage & family therapist. He specializes in working with clients who are experiencing anxiety, depression, grief and other mental health issues. A pet owner himself, Sean utilizes therapeutic approaches, such as hypnotherapy and mindfulness, to help his clients navigate difficult life challenges."

6. **Kimmeth Jackson**, LCSW, MSW

Email: kimmethjLCSW@gmail.com

Phone: 619-348-8047

Address: 1238 Cypress Avenue, San Diego, CA 92103

Availability: **Please check with Kimmeth Jackson directly for availability

"Kimmeth Jackson is a Licensed Clinical Social Worker specializing in grief and loss work. Kimmeth has worked as an end-of-life care and medical, trauma specialist for over 20 years, including six years as an officer for the British Government's Social Care System. Kimmeth Jackson works with individuals and families addressing loss, terminal illness and is a skilled couple's mediator."

Rancho Coastal Humane Society -- Therapist Resource List:

North County Locations

7. **Jean Rothman, LMFT**

Email: jean@jeanrothmanmft.com

Phone: 760-303-1972

Website: Therapy4YourWellBeing.weebly.com

Address: 701 Garden View Court, Encinitas, CA 92024

Availability: Tuesdays – Fridays, 11am – 6pm; Sundays, by appointment

“Are you in emotional pain, perhaps anxious, hopeless, stressed, grieving, or confused? Whether your feelings are due to problems with family, work, romance, children, or a life change, please don't hesitate to contact me. My approach to adults, children ages 3-8, couples, and families is one of genuine warmth, compassion and support, while using the most effective, evidence-based therapeutic techniques. Therapy can heal the deepest emotional pain, even the kind that seems unbearable, but only if you take that first step and reach out for help.”

8. **Cardiff Counseling Center, Bonnie Rumble, MFT**

Email: bonnie@cardiffcounselingcenter.com

Phone: 760-815-2261

Website: www.cardiffcounseling.com/

Address: 2047-D San Elijo Avenue, Cardiff, CA 92007

Availability: Monday – Friday, 8am – 8pm

“Bonnie J. Rumble is a Marriage & Family Therapist with private practices that provide counseling and therapy services in San Diego and Cardiff by the Sea. She is the owner of Cardiff Counseling Center and has over 26 years of experience treating couples, individuals, families, adolescents and children. She specializes in trauma and has done extensive work with depression, anxiety, grief, and life transitions.”

9. **Cathy Kreisel, LCSW**

Email: cathy@cathykreisel.com

Phone: 760-456-9252

Website: www.cathykreisel.com

Address: 511 Saxony Place, Suite 101-G, Encinitas, CA 92024

Availability: Monday – Friday, 9am – 6pm

“Grief and loss has been a focus in my practice for over 15 years. As an animal lover and survivor of losing a pet, I can understand the depth of grief losing a companion animal can have in one's life. I bring compassion and care as we work through your pain to help you on your healing journey. I offer in-office or online/video therapy sessions.”

10. **Changing the Tide Counseling, Marc Rosenberg, LMFT, BCBA**

Email: mrosenberg@changingthetide.com

Phone: 667-204-5570

Website: www.changingthetide.com

Address: 531 Encinitas Blvd., Suite 200, Encinitas, CA 92024

Availability: Monday – Friday, 8am – 7pm, some Saturdays 8am – 12pm

“Hi ... I'm Marc. I am a Board Certified Behavior Analyst (BCBA) and Licensed Marriage and Family Therapist (LMFT) located in Encinitas, California. I believe that change is created by aligning our personal wellness goals with the greater good of our community. I strive to provide each one of my clients with a supportive and engaging environment in which to process their journeys and create healthy road maps for their future success.”

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www.sdpets.org

Rancho Coastal Humane Society -- Therapist Resource List:

North County Locations

11. Healing Hearts Counseling Center, Jennifer Hill, LPCC

Email: info@jenniferhillcounseling.com

Phone: 760-458-1600

Website: www.healingheartscounselingsd.com

Address: 317 N. El Camino Real, Suite 508, Encinitas, CA 92024

Availability: Monday - Friday 8am – 8pm, Saturday 8am – 5pm, Sunday 8am – 4pm

“Our overall mission is to promote behavioral health and wellness for our clients to obtain a high quality of life within themselves, their family, and their community. We work with a wide range of emotional and behavioral issues, specializing in pet loss grief counseling. We provide multiple emotional support animals during your sessions to comfort you. If you are struggling from your loss, stressed from your circumstances, or having trouble adjusting to new transitions, then please contact us. We are here for you!”

12. Philip Charles Hammel, Psy.D.

Phone: 760-434-9500

Website: <https://www.psychologytoday.com/us/therapists/philip-charles-hammel-carlsbad-ca/372366?sid=5da3c0d0b84a5&name=philip+hammel&ref=1&tr=ResultsName>

Address: 2892 Jefferson Street, Carlsbad, CA 92008

Availability: Monday – Thursday, 9:15am – 6pm, Friday’s, 10am – 5pm

“I come from a family that treated its pets (dogs) like they were part of the family. For us there was no distinction between our pets and the humans. I’m honored to help people navigate the process of losing a pet so that they feel validated in whatever ways they need.”

13. Renee Miles, LCSW

Email: reneemileslcsw@gmail.com

Phone: 760-707-3786

Website: www.divine-soulutions.com

Address: Carlsbad, CA **In-home and mobile service available

Availability: Monday – Friday, after 5:30pm; Every other Saturday

“As your therapist, my primary goal is for you to feel safe and comfortable in an environment where you feel valued and understood. I have over 15 years of experience of working with children and families. I offer traditional counseling as well as energetic healing (reiki) for my clients to ease stress and anxiety, as well as their pets who are ill and/or transitioning. I look forward to meeting you and walking beside you in your journey toward healing and finding your inner peace.”

14. Coastal Therapy Group, Jean Jho, Psy.D.

Phone: 760-334-6262 x 103

Website: Coastaltherapygroup.com

Address: 3081 Madison Street, Carlsbad, CA 92008

Availability: ** Please call as availability varies. Evening hours on weekdays available. Weekends available, Online video therapy provided as well.

“We, at Coastal Therapy Group, understand that our pets are an important part of our lives. Losing them is painful, no matter how much we try to prepare for it. We also understand that grieving the loss of a loved one can look different for each person. Sometimes the ups and downs of the grieving process can be overwhelming, disorienting, lonely, and/or just plain painful. We want to provide you with support, empathy, relief, support, and guidance. You don’t have to navigate it alone.”

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www.sdpets.org

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North County Locations

15. Pier View Counseling, Lydia Lombardi Good, MSW, LCSW

Phone: 760-576-5822
Website: www.pierviewcounseling.com
Address: 169 Cedar Road, Vista CA 92083
Availability: Mondays & Wednesdays, 10am – 7pm

"I have proudly been serving San Diego County as a Social Worker for over 15 years. I am especially passionate about working with those experiencing grief and loss. I find healing possible for everyone and an honor to be a part of and witness. Having lived through tremendous loss in my own life, I use my experiences and daily practices as a reminder of why I know this work to be effective and meaningful. I am here as a resource for offering guidance toward healing and well-being after loss."

16. Veronica Alzaga, LMFT

Email: therapy@veronicaalzaga.com
Phone: 760-653-8838
Address: 100 E. San Marcos Blvd., Suite 400, San Marcos, CA 92069
Availability: Monday – Friday, 9am – 6pm

"I am a licensed Marriage and Family Therapist, who supports adults dealing with relationship matters, grief and loss, anxiety, depression, or who are going through a difficult life transition. In a safe and confidential environment, I use proven CBT and Mindfulness toward helping cope with situations close to the heart. I am also experienced in incorporating spirituality, such as Christianity, in the journey of healing and growing."

17. Positive Change Counseling Center (North County Inland)

Email: info@pccounselingcenter.com
Phone: 619- 733-6414
Website: www.pccounselingcenter.com
Address: 11590 W. Bernardo Ct., Suite 230, San Diego, CA 92127
Availability: Monday - Friday, 8am - 8pm and Saturdays 9am - 3pm

"The collection of therapists at Positive Change Counseling Center are compassionate, strength based, solution- focused therapists who provide support and feedback to clients in a safe and comfortable environment. Our group of therapists work with clients to help resolve current issues and symptoms as well as long-standing patterns or behaviors."

18. Candice Simonds, LCSW

Email: simondscounseling@gmail.com
Phone: 760-227-6681
Address: 205 West 5th Avenue, Suite 203, Escondido, CA 92025
The Atrium: 380 S. Melrose Drive, Suite 204, Vista, CA 92081
Availability: Monday – Friday, 8am – 6pm, Saturday, 10am – 3pm, Sunday, by appointment only

"The reasons people seek therapy are varied and often feel unrelenting. My approach to therapy is based in compassion and unconditional support to increase your coping skills."

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