



La Familia
COUNSELING CENTER

SACRAMENTO
COUNTY

Funded by the Sacramento County Division of Behavioral Health Services through the voter-approved Proposition 63, Mental Health Services Act (MHSA)

FIT **FLEXIBLE INTEGRATED TREATMENT**

WHAT WE DO:

- Outpatient Mental Health Services for youth under 21 years old
- Cultura de Salud (Evidence Based Practice)
La Familia believes that utilizing a culturally responsive service delivery/approach will:
 - Reduce the stigma associated with using mental health services
 - Improve rates retention in mental health services
 - Increase community engagement
- Short-term therapy
- Coping skills building
- Medication support
- Community resources

SERVICE HOURS:

Monday: 9:30am – 6:00pm

Tuesday-Friday: 8:30am - 6:00pm

1st Saturday of the month:
10:00am – 1:00pm

SITE WALK-IN HOURS:

Monday: 9:00am - 1:00pm

Wednesday: 1:00pm- 5:00pm

Friday: Appt. Only (11:00am - 2:00pm)

WEBSITE LINK:

lafcc.org

SITE ADDRESS AND CONTACT INFO:

La Familia's Maple Neighborhood Center
3301 37th Ave., Sacramento, CA 95824

Phone: (916) 210-8773

Fax: (916) 395-5904

