

MATERNAL MENTAL HEALTH RESOURCE DIRECTORY

Provider Profile

Sonia Nikore, LMFT, private practice

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626-585-8075 ext. 102

<http://www.instituteforgirlsdevelopment.com>

Languages:	English and Hindi
Age Group Served:	all
Services:	Family/Dyad (parent and baby) Therapy, Group Support, Individual Therapy, and Programs for Fathers
Evidence-Based Practices:	Attachment Theory Oriented Perspectives, CBT (Cognitive Behavioral Therapy), DBT (Dialectical Behavior Therapy), Mindful Parenting, Mindfulness Based Therapy, Postpartum Support Groups, and Supportive Psychotherapy
Appointment Required?	Yes
Insurance Accepted:	not specified
Resource Type:	not specified
Intake Requirements:	Intake paperwork and application
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Hours:	sunday
	saturday
	friday
	thursday
	wednesday
	tuesday
	monday