

MATERNAL MENTAL HEALTH RESOURCE DIRECTORY

Provider Profile

Sofia Mendoza, LCSW

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323-351-1741

<http://www.sofiamendozalcsww.com>

Languages:	English and Spanish
Age Group Served:	all
Services:	Couples Therapy and Individual Therapy
Evidence-Based Practices:	CBT (Cognitive Behavioral Therapy), Exposure Response Prevention, Mindful Parenting, Seeking Safety, Solution Focused Psychotherapy, Strength Based, and TFCBT (Trauma-focused Cognitive Behavioral Theory)
Appointment Required?	Yes
Insurance Accepted:	None, but superbill available
Resource Type:	not specified
Intake Requirements:	Call for appointment
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Hours:	saturday As needed wednesday 06:00PM to 08:00PM tuesday 06:00PM to 08:00PM