

MATERNAL MENTAL HEALTH RESOURCE DIRECTORY

Provider Profile

Institute for Girls' Development

95 N. Marengo Ave., Suite 100 Pasadena , CA 91101

626-585-8075 ext. 108

<http://www.instituteforgirlsdevelopment.com>

Languages:	English and Spanish
Age Group Served:	all
Services:	Family/Dyad (parent and baby) Therapy, Individual Therapy, Group Support, and Couples Therapy
Evidence-Based Practices:	Mindful Parenting, CBT (Cognitive Behavioral Therapy), Psychodynamic Psychotherapy, Solution Focused Psychotherapy, DBT (Dialectical Behavior Therapy), EFT (Emotionally Focused Therapy), Acceptance and Commitment Therapy, Attachment Theory Oriented Perspectives, Interpersonal Neurobiology, Mindfulness Based Therapy, Motivational Interviewing, Multicultural, Perinatal and postpartum mental health, Postpartum Support Groups, Pregnancy Support Groups, and Strength Based
Appointment Required?	Yes
Insurance Accepted:	not specified
Resource Type:	private practice
Intake Requirements:	Please call. For group therapy, please ask for Motherhood Journey groups.
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Hours:	please contact provider for hours