

MATERNAL MENTAL HEALTH RESOURCE DIRECTORY

Provider Profile

Recovery Now, Inc., private practice

2200 PCH and 916 North Western Avenue Hermosa Beach And San Pedro , CA 90254 and 90732

310-957-2099

<http://www.recoverynowla.com>

Languages:	English and Spanish
Age Group Served:	all
Services:	Family/Dyad (parent and baby) Therapy, Group Support, Individual Therapy, Home-Based Mental Health Support, and Couples Therapy
Evidence-Based Practices:	Art Therapy, DBT (Dialectical Behavior Therapy), CBT, CBT (Cognitive Behavioral Therapy), EMDR (Eye Movement Desensitization and Reprocessing), Exposure Response Prevention, Family Focused Therapy, Hypnotherapy, Jungian psychotherapy, Long-term Psychotherapy, Motivational Interviewing, Perinatal and postpartum mental health, Postpartum Support Groups, Short-term Psychotherapy, Solution Focused Psychotherapy, Somatic Experiencing techniques, Strength Based, and Supportive Psychotherapy
Appointment Required?	Yes
Insurance Accepted:	Victims of Crime (VOC), Medicare, Medi-Cal, Anthem, and Kaiser Permanente
Resource Type:	private practice
Intake Requirements:	none
Intake Requirements:	none
Hours:	please contact provider for hours