

## MATERNAL MENTAL HEALTH RESOURCE DIRECTORY

### Provider Profile

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#### **Saint John's CFDC Perinatal Wellness Program**

1339 20th St. Santa Monica , CA 90404

310-829-8921

<http://california.providence.org/saint-johns/services/child-and-family-development-center/services-and-programs/>

Languages:	English, Spanish, and Portugese
Age Group Served:	all
Services:	Family/Dyad (parent and baby) Therapy, Home-Based Mental Health Support, Individual Therapy, and Programs for Fathers
Evidence-Based Practices:	CPP (Child Parent Psychotherapy), Home Visiting, IPT (Interpersonal Psychotherapy), TFEBT (Trauma-focused Cognitive Behavioral Theory), CORS (Crisis Oriented Recovery Services ), Infant Massage, Perinatal and postpartum mental health, Psychodynamic Psychotherapy, Reflective Parenting, Seeking Safety, Sensorimotor Psychotherapy, Strength Based, and Trauma-informed approaches
Appointment Required?	Yes
Insurance Accepted:	No insurance necessary and Medi-Cal
Resource Type:	non profit
Intake Requirements:	Call for appointment
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Hours:	please contact provider for hours