

Shine a Light Counseling Center

Quality ~ Affordable
Counseling & Psychotherapy



Sliding Scale Fees

Medi-Cal Accepted (no co-payment)

Evening & Weekend Appointments

Offices in:

Monterey

Watsonville

Santa Cruz

We are a 501(c)3 nonprofit counseling center, providing compassionate, effective therapy for a wide range of issues, including:

Relationship problems Trauma Recovery Co-dependency Eating Disorders Marriage Counseling	Depression Parenting Addictions Panic Mindfulness	Anxiety Grief Impulse Control Sexuality Art Therapy	Anger ADHD Rebelliousness LGBTQ Chronic Illness
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And More!

831-996-1222 www.shinealight.info

Visit our website to request services or more information