

## SRFC MISSION

Building hope to renew mental-emotional health and wellness for individuals and families through effective mental health services that provide prevention, intervention, treatment and education.

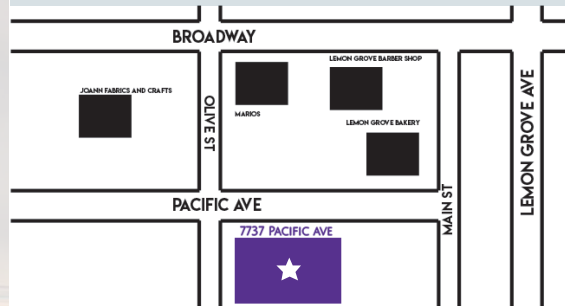
## SOUL RENEWAL FAMILY COUNSELING CORE VALUES:

- R** Recognize the individual as unique and capable.
- E** Encourage a collaborative approach to problem solve and address concerns.
- N** Network with other community members to provide comprehensive care.
- E** Empower clients to be active participants in determining their strengths to ameliorate their challenges.
- W** Welcome the opportunity for clients to be courageous, assist them in redefining their concern that motivated their participation in the therapeutic process.
- A** Advocate for clients with interacting systems to promote their health and well-being.
- L** Listen emphatically without negative judgment to provide professional care.



SRFC is a 1,100 beautiful square foot clinic centrally located in Lemon Grove that is ADA compliant with ample parking. The clinic is near multiple freeways and accessible by trolley and bus.

7737 PACIFIC AVENUE, LEMON GROVE, CA 91945 | BROADWAY TROLLEY STATION



We want to make mental health services accessible. Call us so that we can discuss your particular financial resources and/or needs. Make a scheduled appointment today!

**(619) 439-2499**

**PAT@SOULRENEWALCOUNSELING.COM**

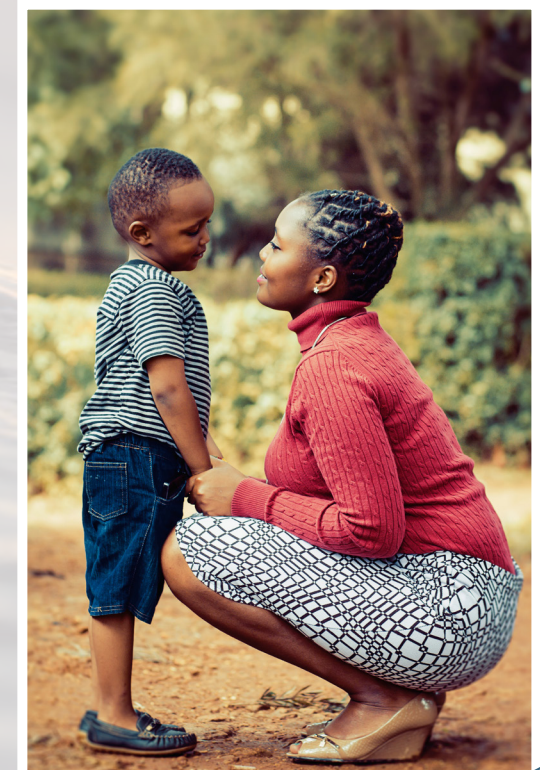
**WWW.SOULRENEWALCOUNSELING.COM**

**ACCESS AND CRISIS HOTLINE** - If you are in crisis and need to speak with someone immediately, please contact the Access ad Crisis Hotline (24Hours a day/7 Days a week) at 1-800-479-3339. If you have a medical or psychiatric emergency please call 911.



## BUILDING HOPE THAT RENEWS

*Not Just Another Mental Health Clinic*



## WHY IS GOOD MENTAL HEALTH IMPORTANT?

*These Are the Facts,  
So Let's Remove the Stigma!*

- Untreated mental illness can get worse as it is a disorder of the brain and should be treated like any other disease.
- Untreated mental illness symptoms in children can be serious and children should be treated early.
- Untreated mental illness impacts quality of life, and can shorten life expectancies up to 25 years.
- Untreated mental illness effects all people, its consequences can be found in our jails, prisons, hospitals, clinics and schools.

**THE GOOD NEWS  
HELP IS AVAILABLE!**

**GOOD MENTAL HEALTH  
TREATMENT PROMOTES  
A PRODUCTIVE  
AND LONGER LIFE!!**

## WHEN WILL I KNOW IF HELP IS NEEDED?

*Many people have trouble recognizing the signs and symptoms of mental health conditions. Are you or someone you know experiencing any of these symptoms?*

- Consistently feeling sad, depressed or lonely and you can't shake it?
- Difficulties in school that are of major concern?
- Always having problems with family, friends or children?
- Feeling irritable or easily angered and you can't control it?
- Having racing thoughts you can't control?
- Having parenting questions or concerns that impact your daily living?
- No joy in life?
- Problems in relationships that are out of control?
- Unable to sleep?



If you are experiencing any of these symptoms, Soul Renewal Family Counseling, Inc. (SRFC) wants you to know that you can enjoy life again! SRFC is committed to building better lives and providing the highest quality standard of mental health care for you and your family. We offer a variety of therapeutic services with a strength based client centered approach that honor your uniqueness and diversity.

## WHAT MAKES SRFC NOT JUST ANOTHER MENTAL HEALTH CLINIC?

*Knowledge, Skills and Experience in:*

- Thorough Assessments - Treatment Plans
- Trauma Focused - EMDR Trainee
- Integration of Christian Principles if Desired
- Psychotherapy and Family Systems Therapy
- Culturally Sensitive - Competent Approach

*Distinct Community Commitment*

- Recognition of Adverse Social Factors Impact on Mental Health
- Child Welfare Issues (TERM Therapist)
- Incarceration Re-Entry Issues (Parole-Probation)
- School-Academic Related Concerns (IEP-504)
- Clinical Services for At-Risk Populations

*We provide services for:*

- Military Families-Veterans
- Adult Counseling
- Individual Counseling
- Family Counseling
- Child, Adolescent & Teen
- Conjoint Therapy