

**FAMILY RESOURCES FOR CLINICAL TREATMENT AND SUPPORT  
IN THE SACRAMENTO AREA**

**The Vet Center**

1111 Howe Ave, Suite 390, Sacramento, CA 95825 (916) 566-7430

Federally funded counseling agency that provides support and treatment to veterans and their families. Full counseling services including individual, marriage, family and child treatment. Treatment for PTSD and alcohol and drug counseling. Job and education counseling and employment support. The Vet Center sponsors social activities for vets and families in our community. Support groups are held there in the evenings. Open Monday through Friday 8am to 4:30pm. Call or walk-in for an appointment.

**The Effort Mental Health Counseling Centers, South Valley Centre**

8233 E. Stockton Blvd., Suite D, Sacramento, CA 95828 (916) 368-3080 or

6015 Watt Avenue, Suite 2, North Highlands, CA (916) 679-3925

These counseling centers offer professional, short term counseling for individuals and couples. Brief counseling for children and their families. Fees for services are based on income; they offer a sliding scale. The North Highlands site is also a part of Birth and Beyond and is a family resource center as well.

**Give An Hour** [www.giveanhour.org](http://www.giveanhour.org)

This is a web based organization that provides professional counseling for any veteran or family member that has been affected by the Iraq or Afghanistan wars. The website matches a potential client with a professional clinician in their community. They offer an array of mental health services and also services to organizations that serve vets and their families. All therapists are licensed and agree to give an hour weekly to a vet or family member free of charge. They offer childrens' therapy services, chemical dependency services, treatment for sexual assault, grief and loss. The organization's website is quite informative and user friendly.

**The Soldiers' Project, Sacramento**

Contact Persons: Merrill Powers, LCSW (949) 212-4968 or  
Jodi George, LMFT (916) 838-8191

This organization is made up of therapists and psychiatrists that will assess and treat OEF/OIF veterans and/or family members free of charge. The potential client calls and gives general information re what kind of treatment they are seeking, i.e., individual, couples or treatment for child (ren) and area in which they reside. They will then be given the names of available therapists in their area to contact for services. The majority of clinicians are licensed professionals. This organization is also in Los Angeles, New York, Chicago and Seattle. Website: [thesoldiersproject.org](http://thesoldiersproject.org)

The Healthy Marriage Project **sacmarriage.org (916) 972-9227**

Education focused organization with an emphasis on preparing persons for new, major life roles, i.e., entering into a new relationship, getting married, or becoming a parent. Clients gain values clarification, knowledge and skills that are required to be successful in these important relationships. This website is user friendly and very informative. Clients need to be willing to commit to attending the series of classes within each program. Clients can call or go online to get more info on registration and program schedules.