



# STAR VISTA

## Helping All Ages and Stages Through Life's Challenges



**Locations:**  
**Pacifica**  
**San Mateo**

*Currently offering teletherapy*

## COUNSELING CENTER

StarVista's Counseling Center offers support to children, youth, adults, couples and families. If you, or a family member, are looking for new ways to cope with life's challenges, our professional staff is here to help.

We tailor our approach to meet your needs and provide you with the highest quality care in a safe, supportive, non-judgmental environment.

**During your counseling sessions, you will begin the process of transforming your life by developing skills and strategies to:**

- Improve your relationships
- Adjust to life changes
- Manage work or homework stress
- Resolve family conflict and communication issues
- Improve behavior, mood, and self-esteem
- Learn new parenting skills
- Alleviate depression/anxiety
- Work through identity issues, personal crisis, or trauma

**Telephone Number:**  
**650.355.8787**

[counseling.center@star-vista.org](mailto:counseling.center@star-vista.org)

### **Services We Provide:**

- Individual Counseling for adults, adolescents, and children
- Family Counseling
- Couples Counseling

**WE PROVIDE SLIDING SCALE FEE AND MEDI-CAL SERVICES IN ENGLISH, MANDARIN & CANTONESE.**

Sliding scale fee starts at \$40 for individual therapy. \$60 for couples and family therapy.

### **LOCATIONS:**

**Pacifica:** 480 Manor Plaza, Pacifica, CA 94404

**San Mateo:** 1021 South El Camino Real, San Mateo, CA 94402

**HOURS:** 10am – 7pm (evening hours available)

