

Philosophy

“The Intent of the Center is that people shall have human contact *when* they need it and for no other reason than *that* they need it”.

Hans Hoffman, Co-founder

Mission

The Southern California Counseling Center has been providing the people of Southern California with high-quality, affordable counseling services since 1966. With a small paid staff—supported by a cadre of dedicated marriage and family therapy interns, paraprofessional counselors, volunteer licensed professional MFT supervisors and board members—the Counseling Center continues to offer low-cost counseling to those who could not otherwise access mental health services.

It is the mission of the Southern California Counseling Center to provide psychological counseling to those of limited income, to develop and maintain programs and services that respond to the ever-changing psychological needs of our multicultural community, and to provide exceptional counselor training within a supportive environment.

Programs and Services

- **The Abuse Prevention Program (TAPP)**
- **Children affected by Domestic Violence Group**
- **School-based Counseling** in collaboration with LAUSD Healthy Start Coordinators
- **Gang Awareness Training and Education**
- **Community Counselor Certification**
- **Teen Violence Prevention Program**
- **Individual & Group Therapy for Children, Youth, Families and Couples**
- **Project Fatherhood** in collaboration with Children's Institute, Inc.
- **Marriage and Family Therapy Training**
- **Supervision Training**

Southern California Counseling Center
5615 West Pico Boulevard
Los Angeles, CA 90019

Best Practice Parenting

Southern California Counseling Center



**Caring for our diverse community
with affordable mental health
counseling programs and
services since 1966!**

Southern California Counseling Center
5615 West Pico Boulevard
Los Angeles, CA 90019
Telephone: 323.937.1344
Facsimile: 323.937.3487



Best Practice Parenting Classes -- “Tuned-in Parents, Thriving Children”



The Best Practice Parenting program was created by Clay Crosby, MFT, Robert Mendelsohn, MFT and Carol Potter, MFT. It is the goal of the program to offer strength-based, culturally sensitive support to parents in keeping with the overall philosophy and mission of the Southern California Counseling Center.



Best Practice Parenting is an affordable ten week class designed to support people who want to be the best parents they can be. The class helps parents identify their own strengths and values and find tools to address the challenges of parenting.

Elements of the class include:

- 1.) **Mindful Awareness techniques** are used to help participants learn to be less reactive and more present.
- 2.) **Child development discussions** help participants understand the phases and stages that children go through.
- 3.) **Participants explore the social and cultural ideas** about parenting that can impact parents' self-image and influence their behavior.
- 4.) **Exercises shine light on the power dynamics of the child/parent relationship** and the difference between discipline and punishment.

Schedule

Thursdays, 6:00 PM to 7:30 PM
(call for next start date)

Fees

\$15.00 per class

\$125.00 for ten week session if paid in advance

Certificates are awarded to participants who complete the program.

To Register:

Contact Clay Crosby, MFT
(323)937-1344, ext. 207
ccrosby@sccc-la.org



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