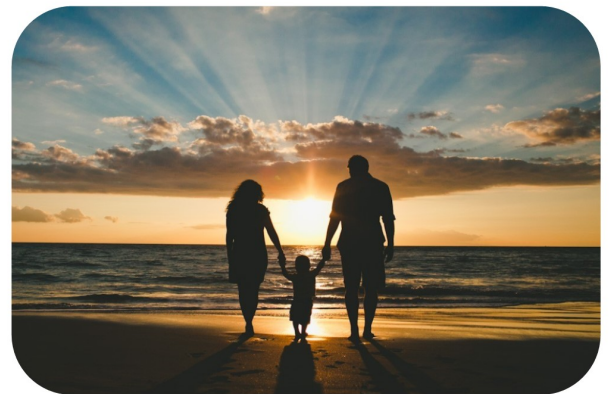


STRENGTHENING OUR MILITARY FAMILY IN SAN DIEGO SINCE 1920

ARMED SERVICES YMCA SAN DIEGO

NO COST TELEHEALTH CLINICAL COUNSELING FOR MILITARY FAMILIES

At the Armed Services YMCA San Diego, we know what challenges military families can face. That’s why we have a friendly staff of social workers who are ready to assist military families when times are tough through telehealth clinical counseling services. These services are completely confidential via video or phone.



ABOUT OUR NO COST TELEHEALTH COUNSELING

- Our programs are **inclusive** of all types of families with active duty military affiliation.
- **Individual, couples and family** counseling is available in your home via video or phone
- We are a non-profit organization serving military families, **separate from the command system.**

HOW TO BEGIN TELEHEALTH COUNSELING SERVICES:



ONLINE:
Visit ASYSD.org for the online referral form



BY EMAIL:
Email the Social Work Department at: CCobbs@asymca.org

Our Social Workers can also help with:

- Information and referral to community resources— to our ASY programs and programs at other agencies
- Parenting education

ARMED SERVICES YMCA SAN DIEGO

3293 Santo Road , San Diego CA 92124

P 858-751-5755 F 858-751-5769

Office Hours: Monday– Friday- 8:00 am to 4:30 pm

www.ASYSD.org