



We have this hope  
as an anchor for the soul,  
firm and secure.

Hebrews 6:19

# Hope Counseling Center

## Who We Are

Hope Counseling Center is a non-profit organization staffed by professionally trained and licensed therapists in the field of Marriage and Family Therapy and Clinical Psychology. We are dedicated to the values of love, integrity, respect, acceptance and growth. We combine professional and clinical competence with faith-based wisdom, warmth and compassion to bring hope and healing to the many adults, children, couples, and families we serve.

## What We Do

Our staff of professionally-trained clinicians includes a licensed Psychologist and licensed Marriage and Family Therapists. As professionals, we abide by the laws and ethics governing the practice of Psychology and Marriage and Family Therapy in the state of California. We guard the

confidentiality of our clients and use community resources to enhance the quality of our clients' lives. We provide cognitive behavioral therapy, short-term solution-focused therapy, supportive therapy, psychodynamic therapy, family therapy, couples therapy, and neuropsychological testing.

## Our Purpose

Hope Counseling Center exists to help those experiencing a variety of emotional or relational problems. We are dedicated to promoting growth, change, and positive relationships, and are committed to serving those of various backgrounds, either with or without religious affiliations. We have been serving the communities of Santa Barbara and Goleta for over two decades. Learn about our staff at [www.hopecounseling.org](http://www.hopecounseling.org).

## Who Benefits?

- Individuals in pursuit of personal growth and change
- Couples committed to improving their relationship
- Parents seeking to strengthen their family
- Children and adolescents learning to be well-adjusted individuals or in need of extra support and healing

## Fund For Therapy

Our unique *Fund for Therapy* provides affordable counseling for those who could not otherwise afford professional therapy. Donations to the Fund are gratefully received and 100% of donations are used for therapy. Please consider making a gift to the *Fund for Therapy* today!



## We Help Those Experiencing...

Anxiety  
Depression  
Eating Disorders  
Couples Therapy  
Chemical Dependency  
Domestic Violence  
Adolescent Difficulties  
Change and Transition  
Developmental Difficulties  
Pre-Marital Counseling  
Relational Difficulties  
Separation and/or Divorce  
Co-Dependency  
Child Behavioral Problems  
Sexual Abuse  
Adoptee Support  
Family Conflicts  
Low Self-Esteem  
Abuse Issues  
Trauma

### Our Location

Take the Patterson exit from the 101 freeway and turn toward Hollister Avenue. Turn left onto Hollister Avenue. Turn left into the parking lot of 5266 Hollister Avenue. We are in the middle building and our suite is on the ground floor in the back right corner as you enter the courtyard.

### Hope Counseling Center

5266 Hollister Avenue Suite 211  
Santa Barbara, CA 93111

(805) 681-7384 • Fax: (805) 681-7385

[www.hopencounseling.org](http://www.hopencounseling.org)  
*Online Giving Available!*

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