



Compassionate Behavioral Health Care

If you or someone you love is struggling with mental or behavioral health problems, we understand how hard it can be. That's why we're here to help. We offer treatment plans structured towards your individual goals. We recognize that healing is a commitment, so we'll work with you to build the tools you'll need for lasting success.

Situations that our staff can help you with include:

Counseling - Individual, Family, and Group
Case Management
Skills Training
Health and Wellness
Behavior Coaching
Loss and Grief
Depression
Anxiety and Panic Attacks

Insomnia
Stress Management
ADD/ADHA & Hyperactivity
Anger Management
Mental Health
Trauma
Personal Growth
Child and Adolescent Therapy

We welcome individuals, parents, families, adolescents, and children.

Please call for an appointment.

(562) 690-0400

501 S. Idaho Street, Suite 250
La Habra, CA 90631
Office Hours:
Monday – Friday: 8:00 am – 5:00 pm

**Sliding Fee Discount
Program Available For All
Uninsured & Underinsured**

For more information visit at on our website at:

www.fofhealthcenter.org