

Behavioral Health Services for Afghan Newcomers in California

Alameda/Contra Costa			
Organization	Services	Languages	Contact
Afghan Coalition	<ul style="list-style-type: none"> • Individual therapy (provided for free) • Wellness groups • Referrals to service providers 	Dari, Farsi, Pashto	Email: tonya@afghancoalition.org
International Rescue Committee - Alameda	<ul style="list-style-type: none"> • Wellness groups 	Dari, Farsi	Email: atefeh.aghaei@rescue.org ladan.bandi@rescue.org
Khalil Center	<ul style="list-style-type: none"> • Group therapy • Does not accept Medi-Cal for individual therapy. Muslim Community Center Zakat helps fund services. 	Dari, Farsi, Pashto	Email: info@khalilcenter.com
Portia Bell Hume Center	<ul style="list-style-type: none"> • Case management • Individual therapy • Couple's therapy • Group therapy • Support group • Referrals to service providers • Accepts Medi-Cal for therapy services 	Farsi	Phone: (510) 745-9151 (Alameda County) (925) 825-1793 (Contra Costa County)
Sidra Community Wellness Program	<ul style="list-style-type: none"> • Individual therapy (provided for free) • Wellness groups • Referrals to service providers 	Farsi	Email: fatima.allam@dhti.org

Fresno

Organization	Services	Languages	Contact
Fresno Interdenominational Ministries	<ul style="list-style-type: none"> Peer support groups System navigation 	Farsi	Phone: (559) 487-1500

Los Angeles

Organization	Services	Languages	Contact
Afghan American Muslim Outreach (AAMO)	<ul style="list-style-type: none"> Individual therapy Couples therapy Family therapy Support group Does not accept Medi-Cal for individual therapy 	Dari, Farsi, Pashto	Email: wali31950@gmail.com
Pars Equality Center	<ul style="list-style-type: none"> Case management Support group Mental health workshops 	Dari, Farsi	Email: ggarmemasihi@parsequalitycenter.org
Program for Torture Victims (LA and Orange)	<ul style="list-style-type: none"> Case management Trauma responsive therapy Referrals to service providers Does not accept Medi-Cal for individual therapy 	Dari, Pashto	Email: info@ptvla.org refer@ptvla.org cgomez@ptvla.org Phone: (213) 384-4788

Orange

Organization	Services	Languages	Contact
Access California Services - Anaheim	<ul style="list-style-type: none"> • Crisis intervention • Individual therapy • Couples therapy • Group therapy • Provides therapy services for free 	Dari, Farsi, Pashto	Email: request@accesscal.org Phone: (714) 917-0440
Program for Torture Victims (LA and Orange)	<ul style="list-style-type: none"> • Case management • Trauma responsive therapy • Referrals to service providers • Does not accept Medi-Cal for individual therapy 	Dari, Pashto	Email: info@ptvla.org refer@ptvla.org cgomez@ptvla.org Phone: (213) 384-4788
Qazizada Foundation	<ul style="list-style-type: none"> • Individual therapy • Couples therapy • Family therapy • Support group • Play therapy • Does not accept Medi-Cal for therapy. Community donations help fund services. 	Dari, Pashto	Email: wali31950@gmail.com lambaaziz.clinic@gmail.com
Uplift Charity	<ul style="list-style-type: none"> • Case management 	Dari, Pashto	Email: ahmed@upliftcharity.org

Sacramento

Organization	Services	Languages	Contact
International Rescue Committee - Sacramento	<ul style="list-style-type: none"> • Crisis intervention • Peer counseling • Wellness groups • Referrals to service providers 	Dari, Farsi, Pashto	Email: wellness@rescue.org Phone: (916) 844-6469
Muslim American Society - Social Services Foundation (MAS-SSF)	<ul style="list-style-type: none"> • Peer counseling • Tele counseling • Community workshops 	Dari, Farsi, Pashto	Email: info@mas-ssf.org (general questions and information) counseling@mas-ssf.org (counseling requests) Phone: (916) 486-8626
World Relief - Sacramento	<ul style="list-style-type: none"> • Wellness groups 	Dari, Farsi, Pashto	Email: hguttschuss@wr.org hmessick@wr.org

San Diego

Organization	Services	Languages	Contact
County of San Diego, Health and Human Services, Behavioral Health Services	<ul style="list-style-type: none"> • Crisis intervention • Case management • Medication management • Peer counseling • Individual therapy • Group therapy • Wellness groups • Referrals to service providers • Accepts Medi-Cal for therapy services and has other funding available 	Farsi For other language needs, professional interpreting services can be provided	Phone: (888) 724-7240
San Diego Refugee Communities Coalition/Afghan Community Cultural Center	<ul style="list-style-type: none"> • Crisis intervention • Wellness groups • Referrals to service providers 	Dari, Farsi, Pashto	Email: mumtazz_momand@yahoo.com furqaan.ahmad88@gmail.com valerienash5818@gmail.com
Survivors of Torture	<ul style="list-style-type: none"> • Crisis intervention • Case management • Psychiatry and medication management • Individual therapy • Family therapy • Group therapy • Healing clubs • Music therapy • Referrals to service providers • Accepts Medi-Cal for therapy services 	Farsi For other language needs, professional interpreting services can be provided	Email: survivors@notorture.org Phone: (619) 278-2400 Referral form: www.notorture.org

Santa Clara

Organization	Services	Languages	Contact
Asian Americans for Community Involvement (AACI)	<ul style="list-style-type: none">• Individual therapy• Family therapy• Accepts Medi-Cal for services and has other funding available	Farsi	Email: duyen.pham@upliftfs.org Phone: 408-679-2883

Stanislaus

Organization	Services	Languages	Contact
International Rescue Committee - Stanislaus	<ul style="list-style-type: none">• Drop-in support group• Wellness group• Referrals to service providers	Dari	Email: reianna.peets@rescue.org farishta.sadaat@rescue.org sima.qaderi@rescue.org Phone: (209) 202-9540

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If you would like your organization included in this list, please email Nossin Khan at nossin.khan@cdph.ca.gov.