

# Our Mission

Is to provide professional mental health counseling and consultation services to our American Indian people and the community at large through teamwork that encourages personal growth in a safe environment.

The counseling process allows individuals to cultivate, challenge, and dare to create a lifestyle greater than the average, while incorporating and respecting culture, beliefs, and spiritual needs. Our long-term vision is to continue to work with families and individuals who struggle on life's path and to provide holistic and culturally responsive services including all aspects of the medicine wheel. Our staff is dedicated to helping people discover their unique potential and to strengthen their family and community relationships throughout their life span.

Pechanga Tribal TANF

Pechanga Tribal TANF  
PO Box 1477 Temecula, CA 92593

# Pechanga Tribal TANF Counseling Services

Counseling for Children, Teens,  
Couples and Families



**Strengthening Families**

[www.pechanga-nsn.gov/tanf/](http://www.pechanga-nsn.gov/tanf/)



## Counseling Services

Professional counselors are available to help children, teens, couples, and families work through a wide variety of issues that they might be facing as American Indian families.

Our focus is to provide holistic counseling services to children, teens, couples, and families. Services are offered at varying levels of involvement based on your goals and needs. Our counselors have experience working with American Indian children, teens, adults, and groups who are dealing with trauma. Services may include: crisis intervention, individual, couples or family sessions, assessments, and referrals to other support services.

### Common Issues

- Stress/Anxiety
- Depression/Self-Esteem
- Relationships/Domestic Violence
- Career/Family Concerns
- Alcohol/Drugs
- Sexual Abuse or Assault
- Grief

## Services Include

- Assessment and Evaluation
- Crisis Intervention
- Individual, Couples, Group, and Family Counseling
- Client Advocacy
- Information and Referral
- Grief and Loss Counseling
- Trauma Processing

## The First Visit

When being referred or contacting TANF for counseling services for the first time, participants will be scheduled for a brief (45-60 minute) intake appointment with a TANF clinical social worker who will:

- Provide information about what to expect from the counseling process.
- Discuss the participants presenting issues and concerns.
- Complete required intake paperwork

## Confidentiality

All counseling records are kept strictly confidential and are not part of Tribal records. Information is shared only with a person's written permission.



## Sessions May Include

- Helping you think through events and change behavioral patterns that are no longer useful.
- Focusing on how you are feeling emotionally and physically and learning to use this information.
- Journaling and taking home activities to help you process and practice skills discussed in sessions.

## Eligibility and Referrals

Confidential, time-limited counseling services are available free of charge to all children and families who meet Pechanga TANF eligibility guidelines for either being an at-risk household, relative caregiver, or assistance eligible family. When specialized or long term services are needed, we can assist in making referrals to outside professionals.

## Hours and Appointments

Counseling Services are offered Tuesday-Thursday from 9:00am-5:00pm. Appointments can be made by calling 951-770-6159, or by visiting the Pechanga TANF or Children and Family Services office.

*Therapy is an ongoing process and you have the right to ask questions, ask for clarification and discuss the effectiveness of therapy for you.*

## Contact Us

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