

Locations of Service:

Individual psychotherapy services may be provided at Alma offices, residential facilities, or at other locations as appropriate.

Group therapies are provided at two different locations:

Alma Family Services

4024 Durfee Ave.

El Monte, CA 91732

and/or

San Gabriel/Pomona Regional Center

761 Corporate Center Dr.

Pomona, CA 91768



You are not alone!

PROJECT HOPE

This project and brochure are funded by the
Mental Health Services Act (MHSA)
in partnership with the
California Department of Mental Health
and
Department of Developmental Services.

**Mental Health Services
for Individuals with
Developmental Disabilities**

A collaboration between Alma Family Services and San Gabriel/Pomona Regional Center, **PROJECT HOPE** seeks to assist individuals with a mental health condition who are in need of someone that can help them feel better.

Is **PROJECT HOPE** for me?

- ✓ Are you feeling unhappy?
- ✓ Are you feeling angry?
- ✓ Do you ever have suicidal thoughts?
- ✓ Are you feeling hopeless with your life?
- ✓ Do you find yourself seeking drugs or alcohol to comfort you?
- ✓ Have you been at a hospital to receive mental health services more than one time in past five years?

If you are having any of these feelings,
PROJECT HOPE
may be a resource for you.

The PROJECT HOPE therapeutic team will do the following for you:

- After a referral form is received, a PROJECT HOPE team member will schedule a time to talk with you about your current needs.
- The team member will then assist you with your needs including:
 - Sitting down with you to help you develop a plan of care.
 - Sign you up for individual/group therapy services which can include dealing with anger, people, and problems that have gotten out of control.
 - Help you find more effective ways of dealing with stress in your life.

PROJECT HOPE therapeutic team:

PROJECT HOPE is staffed by licensed clinicians and collaborates with staff and consultants of SG/PRC.

Referral Process:

You can request services from PROJECT HOPE by calling your SG/PRC Service Coordinator at (909) 620-7722 or by calling their direct phone number.