

Tell me, what do you plan  
to do with your one wild  
and precious life?

Mary Oliver



# MAKING THERAPY EASIER



## INSURANCE FRIENDLY

We take Medical, Kaiser, BHRS, HPSM & Carelon. Clients can submit bills for other insurance plans. Sliding scale options are available.



## 100+ THERAPISTS TO CHOOSE FROM

We know that one size does not fit all when it comes to finding the right therapist. Check out our website to see who resonates with you.



## BILINGUAL OPTIONS

We have therapists that speak Spanish, Mandarin Cantonese, Dutch, Nepalese, and more.



## ABOUT US

We are a 501 (c)3, tax ID 81-0919786, non-profit organization of skilled therapists and change visionaries who aim to inspire, educate, and provide accessible & affordable counseling for anyone who needs it. We have locations in San Carlos (4), Redwood City, Burlingame & San Francisco along with virtual/phone therapy services.

## CONTACT US

- (650) 394-5155
- [info@onelifecounselingservices.com](mailto:info@onelifecounselingservices.com)
- [onelifecounselingcenter.com](http://onelifecounselingcenter.com)
- 1303 San Carlos Ave., San Carlos + 8 other locations



## OUR VISION

# ACCESSIBLE MENTAL HEALTH SERVICES



# UNA VIDA

Una Vida is a dynamic Spanish-speaking mental health center in Redwood City. Through group and individual therapy, the organization aims to break the stigma surrounding mental health care in the Latinx community. Focusing on uniting Spanish moms and their children, Una Vida strives to build a robust, healthy community where strength, compassion, and support converge. Food & Diaper services available for clients that need assistance.

For More Info contact Cony Fuentes  
Cony@onelifecounselingservices.com



# HOW DO I FIND A THERAPIST

Putting your mental health first is crucial.

Here's how we can guide you:

1. **Get Started:** Reach out to us at (650) 394-5155. Our intake team will assess your needs & callback within 24 hours.
2. **Customized Matching:** We'll match you with therapists tailored to your concerns, goals, and practicalities like location and availability.
3. **Explore Profiles:** Dive into therapist profiles on our website. Learn about their background, specialties, and approach. Find what resonates with you.
4. **Listen to Yourself:** Trust your instincts. Pick a therapist you feel comfortable with, not just one with impressive qualifications.

Your journey towards better mental health starts with a call & you are not in this alone. One Life wants to help

# ALL TYPES OF THERAPY



THERAPY - ALL AGES



GROUP THERAPY



COUPLES THERAPY



IN PERSON/TELE HEALTH



# CORE SERVICES

Mental healthcare comes in many different forms. What works for one client may not work for another and finding what works for you is the goal.

A few of the Modalities offered Include:

- Play Therapy
- Cognitive
- EMDR
- Forensic Psychology
- Gestalt
- MBCT
- DBT
- Support Animals
- ACT
- Brain Spotting
- Art Therapy
- Family Therapy
- Trauma Therapy

