

## Southern California Muslim Mental Health Referrals

Psychotherapy is a process by which families begin exploring their dynamics. It opens the door for deeper communication about issues that the family is struggling with. Counseling provides a safe haven where expectations, differences, feelings, perceptions, and solutions are discussed, processed, and understood. A therapist does not advise, recommend a specific course of action, or tell couples whether to stay together or break up. Any decisions are solely made by the client.

### Community-based Mental Health Services:

<b>Crescent Counseling Center</b>	2180 W. Crescent Ave. Suite C Anaheim, CA 92801	714-399-4572	Free	
<b>Access CA Services</b>	631 S. Brookhurst St., Ste 107 Anaheim, CA 92804	714-917-0440	\$25 and up	
<b>Family Justice Center</b> Domestic Violence Only	150 West Vermont Ave Anaheim, CA 92805	714-765-1604	Free for DV Victims	
<b>OMID Multicultural Institute</b>	4199 Campus Dr. Suite 550 Irvine, CA 92612	949-725-2972	\$35-150	Multilingual

### Mental Health Practitioners:

#### Anaheim

<b>Fatima Wahab, MS</b> Associate Marriage & Family Therapist	2180 W. Crescent Ave. Suite C Anaheim, CA 92801	714-399-4572	Free	
<b>Farhat Chaudhry, PsyD</b> Licensed Marriage & Family Therapist	6200 East Canyon Rim Rd. Suite 215 Anaheim Hills, CA 95807	714-910-7785	Call for fee	English & Urdu

#### Beverly Hills

<b>Sakeenah Hakim, LCSW</b> Licensed Clinical Social Worker Tranquil Core	292 S. La Cienega Bl., Suite 102 Beverly Hills, CA 90211	323-898-7695 www.tranquilcore.com	\$120	
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#### Encinitas

<b>Ghada Osman, PhD</b> Licensed Marriage & Family Therapist	545 2nd Street. Suite 1 Encinitas, CA 92024	ghada@ghadaosman.com	Fee Schedule	English & Arabic
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#### Fullerton

<b>Maryam Rasouli, MS</b> Licensed Marriage & Family Therapist	601 E. Chapman Ave # 102 Fullerton, CA 92831	657-201-7508	Call for fee	
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## Southern California

### Irvine

<b>Bijan Amirshahi</b> Licensed Marriage & Family Therapist Licensed Professional Clinical Counselor	4000 Barranca Pkwy #250 Irvine, CA 92604	949-533-3177 www.bijanamirshahi.com	Call for fee	
<b>Aram Amini Nejad, PsyD</b> Licensed Psychologist	4199 Campus Dr. # 550 Irvine, CA 92612	949-309-5102 Dr.Amini27@gmail.com	\$150-200	English, Arabic, Azeri, & Farsi
<b>Shirin Ansari, PhD</b> Licensed Psychologist	16220 Scientific Way Irvine, CA 92618	949-654-2424 www.c4l.net	Call for fee	
<b>Munira Ezzeldine, MS</b> Premarital & Career Counseling only	Irvine, CA	949-444-2429	\$100	
<b>Fatemeh Hashemi, MA</b> Licensed Marriage & Family Therapist Kids & Teens	4000 Barranca Pkwy #250 Irvine, CA 92604	714-677-2293 info@fatemehHashemi.com	\$130-150	English & Farsi

### Laguna Hills

<b>Mana Ekbatani, MS</b> Licensed Marriage & Family Therapist	23201 Mill Creek Dr. Suite 220 Laguna Hills, CA 92653	949-407-9590 www.octhrivecounseling.com	Call for fee	English & Farsi
<b>Hala Elshiwick, MA</b> Licensed Marriage & Family Therapist	23181 La Cadena Dr, Suite 104 Laguna Hills, CA 92653	949-954-8029	Call for fee	English & Arabic

### Laguna Niguel

<b>Enas Elshiwick, PsyD</b> Licensed Psychologist Licensed Marriage & Family Therapist	28281 Crown Valley Parkway # 140 Laguna Niguel	949-367-1200	\$150	English & Arabic
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### Long Beach

<b>Jennifer C. Cohen, MS</b> Licensed Marriage & Family Therapist	121 Linden Ave. Suite B110 Long Beach, CA 90802	562-704-6590 www.harmonioushealthhealing.org	\$70-170	English & Spanish
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### Los Alamitos

<b>Souraya Matar, MS</b> Licensed Marriage & Family Therapist	4132 Katella Ave. Ste. 202 Los Alamitos, CA 90720	657-215-5643 sourayamatarmft@gmail.com	\$130	English, Arabic, & French.
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### Los Angeles

<b>Heather Laird, PsyD</b> Associate Marriage & Family Therapist	617 W 7th Street Los Angeles, CA 90017	562-372-6291 www.nafshealer.com	Call for fee	
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## Southern California

### Newport Beach

<b>Suzan Aldimassi, MS</b> Licensed Marriage & Family Therapist Hypnotherapist	1000 Quail St. Suite 175 Newport Beach, CA	1-949-235-7606 <a href="http://southcoasthypnotherapy.com">http://southcoasthypnotherapy.com</a>	Call for fee	English & Arabic
<b>Noha Alshugairi, MS</b> Licensed Marriage & Family Therapist Sakina Counseling, Inc.	20101 SW Birch, Suite 240 Newport Beach, CA 92620	1-714-312-Noha (6642) <a href="http://www.sakinacounseling.com">www.sakinacounseling.com</a>	\$125	English & Arabic
<b>Saman Hamidi-Azar, PsyD.</b> Registered Psychological Assistant	220 Newport Center Drive, # 1 Newport Beach, CA, 92660	1-949-427-0667 <a href="mailto:Saman@docSaman.com">Saman@docSaman.com</a>	Call for fee	
<b>Sara Said, PhD</b> Licensed Clinical Psychologist	3990 Westerly Place #160 Newport Beach, CA 92660	714-396-0960 <a href="http://www.DrSaidNewportBeach.com">www.DrSaidNewportBeach.com</a>	Call for fee	English, Tigrigna, & Amharic

### Perris

<b>Soulafa S. Massoud, LCSW</b> Licensed Clinical Social Worker	1688 N Perris Blvd, Suite L1-2 Perris, CA 92571	951-940-6810	Call for fee	
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### San Diego

<b>Hanaa Eldereiny, MA</b> Licensed Marriage & Family Therapist	9815 Carroll Canyon Road, Suite 101 San Diego CA 92128	1-858-668-7008 <a href="http://www.thesandiegotherapist.com">www.thesandiegotherapist.com</a>	Call for fee	English & Arabic
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### Torrance

<b>Sakeena Mirza, MSW</b> Associate Clinical Social Worker	Torrance, CA	424-242-3018 <a href="mailto:sakeenamirza@gmail.com">sakeenamirza@gmail.com</a>	\$Fee Schedule	
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### Telehealth

<b>Susan Z. Haggag, EdD</b> Licensed Counseling Psychologist	Remote/Telehealth	<a href="mailto:dr.szhaggag@gmail.com">dr.szhaggag@gmail.com</a>	Call for fee	English & Arabic
<b>Deana Helmy, MS</b> Licensed Marriage & Family Therapist Premarital only	Remote/Telehealth	1-657-229-4638	Call for fee	English & Arabic
<b>Maria Qureshi Mir, MS</b> Licensed Marriage & Family Therapist	Remote/Telehealth	909-568-1412 <a href="mailto:LMFTMaria@Gmail.com">LMFTMaria@Gmail.com</a>	\$125	

## Southern California

### Psychiatrists:

#### **Dr. Bushra Akber**

Hope Psychiatric Medical Services  
909-626-4673  
250 West 1st Street, Suite #352  
Claremont, CA 91711

#### **Dr. Mohamed Fayek**

949-489-5564  
28 Monarch Bay Plaza, Suite N  
Dana Point, CA 92629

#### **Dr. Adel Eldahmy**

Laguna Behavioral  
949-367-1200  
28281 Crown Valley Pkwy #140  
Laguna Niguel, CA 92677

#### **Dr. Rajai Ghosheh, Jr.**

949-582-5008  
27451 Los Altos Suite 290  
Mission Viejo, CA 92691

#### **Dr. Ashraf Elmashat**

858-534-6200  
UCSD Medical Center  
Child & adolescent psychiatry specialist  
8950 Villa La Jolla Dr., Suite C207  
La Jolla, CA 92037