



## **Mental Health Community Resources 2023-2024**

The professionals included on this list have been referred to FCS by others in the community or we have had the opportunity to collaborate with them professionally. Please note that there are many qualified professionals within the community and Florida Christian School is not specially endorsing any one provider. Always take the time to research and make an educated choice when selecting a service provider for your student.

### **Licensed Counselors**

#### ***Eden Therapy Co.***

Angelica Gonzalez, LMHC; Leslie Denis, LMHC; Marian Rivodo, RMFTI  
301 Almería Ave Suite 230  
Coral Gables, FL 33134  
305-507-9095  
[Edentherapyco.com](http://Edentherapyco.com)     [Angelicalmhc@gmail.com](mailto:Angelicalmhc@gmail.com)

#### ***Wellspring Counseling***

14401 Old Cutler Road  
Palmetto Bay, FL 33158  
305-722-5380  
1-833-WELL4US  
[Wellspringmiami.org](http://Wellspringmiami.org)

#### ***All Wellness Community Center, Inc.***

10671 N. Kendall Drive Ste. 5-D  
Miami, FL 33176  
786-416-0811  
[allwellnesscenter.net](http://allwellnesscenter.net)

#### ***TheraPeace Counseling***

Jacquelin DaHora, LCSW; Elias DaHora  
305-925-0825  
[www.therapeacecounseling.org](http://www.therapeacecounseling.org)

#### ***Connecting Families***

Melody Caton, LMHC  
8888 SW 136<sup>th</sup> St.  
Miami, FL 33176  
786-460-2865

#### ***Restored Hope Counseling***

Sabrina Sosa, LMHC  
Telehealth  
305-501-1596  
[Myrestoredhope.com](http://Myrestoredhope.com)

***Sweet Aroma Counseling***

Odelaisys Saco, LMHC  
Telehealth and In-person  
(954) 737-5067

[sweetaromacounseling.com](http://sweetaromacounseling.com)

***The Integrative Healing Space***

Karen Navratil, LCSW  
Telehealth and In-Person  
(561) 286-3908

***Cyndi Roberts-Morey, LCSW***

Telehealth and In-Person  
863-804-6159

**\*\*\*Your Provider of choice can and should be researched and verified at Psychology Today\*\*\***

[www.psychologytoday.com](http://www.psychologytoday.com)

**Child Psychologists**

***Coral Gables Counseling***

Cristina Olachea  
School Psychologist  
(305)445-0411

[www.coralgablescounseling.com](http://www.coralgablescounseling.com)

**Dr. Joseph Feist**

4649 Ponce de Leon, Coral Gables, FL 33146  
(305)667-1768

***Marlen Castellano, PsyD***

(786)234-8038

## **Free Resources**

### ***The Child and Adolescent Mood and Anxiety Treatment Program (CAMAT) and the University of Miami***

Cognitive and Behavioral Therapy for Children and Adolescents at no-cost for qualifying youth in Miami-Dade County.

[Home](#) | [CAMAT](#) | [University of Miami](#)

### ***University of Miami Miller School of Education & Human Development: Culturally Informed and Flexible Family-Based Treatment for Adolescents (CIFFTA)***

A free treatment that includes family therapy, individual therapy and psychoeducation modules.

[CIFFTA – Culturally Informed and Flexible Family-Based Treatment for Adolescents \(miami.edu\)](#)

Point of Contact: Kristal Otero, M.S.Ed

CIFFTA Therapist and Project Coordinator

305-284-3040

[Kao43@miami.edu](mailto:Kao43@miami.edu)

### **PCIT (Parent-Child Interaction Therapy)**

PCIT is a 12-18 session parenting program created for children and their families. PCIT teaches you to manage your child's difficult behaviors, while having fun and improving your child's good behaviors. PCIT can also help you reduce stress that you may be experiencing as a parent.

[Parent-Child Interaction Therapy | University of Miami Health System \(umiamihealth.org\)](#)

305-243-0234

[pcit@med.miami.edu](mailto:pcit@med.miami.edu)

## **Resources for Parents**

### **AXIS**

Connecting Parents, Teens and Jesus in a disconnected world.

[Biblical Teen Parenting Resources](#) | [Axis](#)

### **FIU Parent Club**

[The Children's Trust Parent Club](#) | [Center for Children and Families](#) | [Florida International University \(fiu.edu\)](#)