



Mission City
Community
Network, Inc.
A Community Health Network

MISSION CITY COMMUNITY NETWORK, INC. A CERTIFIED COMMUNITY BEHAVIORAL HEALTH CLINIC

ARE YOU STRUGGLING TO FIND BALANCE IN MANAGING YOUR MENTAL HEALTH ALONGSIDE SUBSTANCE ABUSE USE? YOU'RE NOT ALONE

MCCN Offer:

Peer Support Groups: Join a community of individuals who understand what you're going through. Share experiences, strategies, and encouragement in a safe and non-judgmental environment.

Individual Counseling: Work one-on-one with experienced counselors who specialize in treating co-occurring disorders. Receive personalized support tailored to your unique needs and goals.

Education and Resources: Gain valuable insights into managing both your mental health and substance use. Access resources, workshops, and informational sessions designed to empower you on your recovery journey.

Holistic Approach: Explore holistic approaches to wellness, including mindfulness practices, stress management techniques, and self-care strategies to enhance your overall well-being.

Your first step towards a healthier, balanced life today. We're here to support you every step of the way.

HOW TO GET INVOLVED: To learn more or schedule an individual counseling session via in-person to telehealth.

CONTACT US

(818)895-3100; Email: Contact@mccn.org, Website: www.mccn.org

Remember: Recovery is possible, and you don't have to face it alone. Take the first step towards a healthier, balanced life today. We're here to support you every step of the way.