

LOGO



Pacific Mind

WELLNESS CENTER

Healing. Growth. Balance.

Santa Monica, CA



Pacific Mind Wellness Center
HEALING · GROWTH · BALANCE

1420 Ocean Avenue, Suite 200
Santa Monica, CA 90401
(310) 555-0192
hello@pacificmindwellness.com
www.pacificmindwellness.com

May 23, 2026

Dear [Client Name],

Thank you for reaching out to Pacific Mind Wellness Center. We are delighted to welcome you as a new member of our community and want you to know that taking this step — however it may have felt — is an act of tremendous courage.

Enclosed you will find information regarding your upcoming appointment, our office policies, and intake forms to complete prior to your first session. Our team is here to support you every step of the way, and we encourage you to reach out with any questions or concerns before your visit.

At Pacific Mind Wellness Center, we are committed to providing a safe, affirming, and culturally responsive space for every individual who walks through our doors. We look forward to partnering with you on your journey toward healing and wholeness.

With warmth,

Dr. Elena Vasquez, PsyD

Clinical Director · Pacific Mind Wellness Center



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PERSONAL & CONFIDENTIAL

[Client Full Name]

[Street Address]

[City, State ZIP]

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"Your mental wellness journey starts with a single step."

CONTACT US

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Mon–Fri 8am–7pm · Sat 9am–2pm

Telehealth appointments available

OUR SERVICES

Comprehensive Mental Health Care

- **Individual Therapy**
One-on-one sessions tailored to your unique needs.
- **Couples Counseling**
Strengthen communication and rebuild connection.
- **Group Therapy**
Heal in community with others who understand.
- **Anxiety & Depression**
Evidence-based CBT and mindfulness approaches.
- **Trauma & PTSD**
EMDR and trauma-focused care.
- **Mindfulness & Wellness**
Integrative practices for whole-person balance.

*Most major insurance plans accepted.
Sliding scale fees available.*



Pacific Mind

WELLNESS CENTER

*Compassionate mental health care
for every chapter of your life*

SANTA MONICA, CALIFORNIA
(310) 555-0192

MEET OUR TEAM

Licensed Professionals Who Care

Dr. Elena Vasquez, PsyD

Clinical Director · Anxiety & Trauma Specialist

Marcus Liu, LMFT

Couples & Family Therapist

Priya Nair, LCSW

Depression · Grief · Life Transitions

Jordan Hall, MA, AMFT

Group Therapy · Mindfulness

New Patients Welcome

In-person & telehealth available 7 days a week.

OUR APPROACH

Evidence-Based. Holistic. Human.

At Pacific Mind Wellness Center, we believe healing is not a destination — it is a journey. Our therapists integrate the latest research with genuine compassion to meet you exactly where you are.

We draw on CBT, EMDR, ACT, and mindfulness-based practices to create a care plan as unique as you are.

Why choose us?

- ✓ Culturally responsive care
- ✓ LGBTQ+ affirming practice
- ✓ Bilingual services (English & Spanish)
- ✓ Convenient Ocean Avenue location

TAKE THE FIRST STEP

Ready to begin your wellness journey?

Call or go online to schedule your complimentary 20-minute consultation. No pressure — just a conversation.

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BUSINESS CARD



Pacific Mind Wellness Center
HEALING · GROWTH · BALANCE

Dr. Elena Vasquez, PsyD
CLINICAL DIRECTOR · ANXIETY & TRAUMA SPECIALIST

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 e.vasquez@pacificmindwellness.com

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Your journey starts here."*

Individual Therapy · Couples Counseling · Group Therapy
Anxiety & Depression · Trauma & PTSD · Mindfulness

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Bilingual services: English & Spanish
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