



WHO WE ARE

At the SAY San Diego Wellness Center, we provide quality, affordable counseling services to adults across San Diego County. Whether you're navigating stress, trauma, or seeking personal growth, we offer a space where healing is nurtured through compassion and connection.

We serve individuals through private pay options, with potential insurance reimbursement available. Services are available virtually via Zoom or in person at one of our offices in Central San Diego.

We proudly support adults of all ages, and our team is committed to making care accessible, personalized, and culturally responsive.



LEARN MORE 

CONTACT US

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SAY San Diego

Wellness Center

*Real Healing.
Guided by Compassion.
Centered on You.*



OUR PURPOSE

At the SAY San Diego Wellness Center we foster real healing by creating a compassionate community where each person feels truly seen, supported, and empowered to grow through connection and authentic self-discovery.

WHO DO WE SERVE

We work with adults of all ages and identities across San Diego County, offering inclusive and affirming support for:

- Individuals seeking growth, connection, or healing
- BIPOC, immigrant, and LGBTQIA+ communities
- Survivors of trauma and domestic violence
- Veterans, caregivers, and transitional-age adults (18–26)
- Healing for those impacted by violence or substance use
- Anyone seeking compassionate support, regardless of their background

WHAT DO WE OFFER

Our therapists bring care and experience to a wide range of concerns:

- Anxiety, depression, and stress
- Grief and loss
- Trauma recovery
- Relationship and family conflict
- Life transitions and identity exploration
- Self-esteem and confidence
- Substance use and recovery support



OUR SERVICES

We offer a wide range of personalized services to support your mental and emotional wellbeing, including:

- Individual Therapy– One-on-one counseling for adults
- Crisis Support and Short-Term Counseling
- Resource Guidance– Help with navigating resources, referrals, and long-term support
- Group Therapy and Healing Circles– Shared healing through connection with others through various healing modalities (e.g. mindfulness, mediation, sound baths)

Services are available virtually via Zoom or in person at one of our offices in Central San Diego.

We offer a free 15 minute consultation with one of our therapists.

Connect with us today!