



# SUPPORTING YOUR JOURNEY TO MENTAL WELLNESS

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

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 the option of reimbursement from insurance. 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 backgrounds. Our team is committed to making care accessible, personalized, and culturally responsive.

**SCAN ME**



For more information contact our Wellness Center Director or scan our QR code:

**Laura Soto, LCSW**

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 Phone: [858.663.9560](tel:858.663.9560)

**Contact us today for a free 15-minute consultation**

