



Indigenous Circle of Wellness

Individual, Couple, Family Counseling

5800 South Eastern Ave. Suite 260

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Phone: 626-782-5570 | info@icowellness.com

www.icowellness.com

How Indigenous Circle of Wellness is Supporting Our Community During the COVID Crisis

We are continuing to provide mental wellness support through our secure tele-therapy platform (video), virtual groups/support through Zoom, and resource sharing on social media. Follow us on social media, [Instragam](#) and [Facebook](#) @indigenoucircleofwellness to receive updates.

What services are still available for community members?

- Counseling sessions via Tele-therapy for children, adults, couples, and families.
- Reduced fees or no cost services for current clients.
- Sliding scale (low cost) rates for new clients who are experiencing a financial hardship.
- Free virtual wellness circles, wellness activities, and sharing of resources (updates are provided on our social media accounts).

What additional services or resources, if any, are available to those in need? How can these be accessed?

- We are offering free phone consultations to begin services or to get referrals to other resources. Email us at info@icowellness.com or visit our website www.icowellness.com.
- We offer several ways to pay for services, including the following:
 - Cash & Card Payment (Visa, Master, Discover, American Express)
 - EAP (Employee Assistance Program)- We are contracted with Cascade and Mutual of Omaha
 - Flexible Spending / Health Care Savings account card (mental health is considered a medical expense)
 - Have PPO Insurance? We may be able to provide the documentation needed to receive a reimbursement from your insurance provider.

Can community members walk-in to access services or use the community space?

- At this time our physical location is closed, however community members can contact us by email info@icowellness.com or phone 626-782-5570.

What are our current office or phone hours?

- Phone and email response hours: 8:00am-5:00pm

How are we still supporting Census activities? (if applicable)

N/A