



DISCOVERY

COUNSELING CENTER

The heart of Discovery Counseling Center has always been service to our community. We are passionate about helping people discover tools to build personal wholeness, healthy families, and a thriving community.

CENTER SERVICES

We are excited to offer private counseling and workshops at both our Morgan Hill, Gilroy, and Cupertino offices! With more than 40 counselors on staff, we offer a wide spectrum of uniquely qualified persons able to work with most client needs and availability. Workshops are offered periodically throughout the year, based on interest and need.



Discovery is currently offering three on-going support groups:

- Divorce Care - a support group for people who have gone through the Divorce process
- Grief Share - a support group for people who have experienced loss
- Why Try? - a support group for youth who are struggling with decision-making, and feeling disinterested and unengaged relationally and academically.

Discovery works with most major insurance companies, as well as Medi-Cal, and offers sliding scale rates for uninsured clients.

SCHOOL SERVICES

Discovery is providing counselors on-site at Morgan Hill and Gilroy Unified schools. School staff and parents can refer students for services, or students can self-refer. Students can receive up to 18 sessions per year at no cost to the families, during school hours, with the option of continuing private services at one of our centers. *During Covid-19, services are provided via teletherapy.



Through a grant with Kaiser Foundation, DCC Counselors and staff have taught Life Skills classes to all sixth graders at the Morgan Hill Middle Schools from 2014-2020. During Covid-19, DCC continues to offer Life Skills classes, as well as inter-vention groups for students identified as at-risk, or dealing with anxiety and depression, via tele-therapy groups.

SERVICES AT GAVILAN

Since 2018, Gavilan College has contracted with Discovery to provide school-based services. Discovery provides individual counseling, in both English and Spanish, to students and faculty. Counseling has been effective helping students identify and develop tangible goals, so that students can maintain their academic standing, while positively adjusting to college, and navigating life changes. Support groups addressing Anxiety, Depression, and Relationships are also offered.



COMMUNITY PROGRAMS

Partnering with the Boys and Girls Club and EAH housing, Discovery provides "Bridge", an academic, behavioral support, and skill building program, for the k-8 youth at Park Place Apartments in Morgan Hill. Using games and arts and crafts, relationships are developed and students are engaged. Parenting support groups and counseling are available as well. Bridge is sponsored by Rotary MH.



Working with Peer Counseling at Sobrato High School, Discovery provides Bold Quest and Bold Journey. These self-esteem, communication, anger & anxiety control, and conflict resolution programs train high school students, who then go to elementary schools to teach the students the skills they have learned. Boldly Me Programs are sponsored by AAUW.

Discovery has collaborated with community partners to offer numerous other programs to the Community and the Schools. Among these programs are:

- **Cyber Safety Parent Education:** learn about social media, the dangers & how to protect your family
- **Kid Safety:** Surroundings and Predator awareness, the Power of NO, Safe Secrets & Safe Touch
- **Carry The Vision: Restore!** A Mindfulness program designed to help individuals with self-awareness, and learn to focus and calm themselves.

Contact Us

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