

As children and adolescents grow, they are constantly in the process of developing the social skills and emotional intelligence to lead healthy happy lives.

When children experience emotions or engage in behavior that interferes with happiness and the ability to thrive they may benefit from counseling.

Parents also should be in therapy where they can address their feelings and improve their prenatal skills

J. Marcia Araujo, LMFT is a bilingual, bi-cultural therapist. Serving the community for over 20 years, providing services to children, teens, adults, couples and families.



Reasonable Prices

Insurance Accepted:
Anthem, Blue Cross/Blue Shield,
CHG, Cash, Medi-Cal, Molina,
Tricare, VOC

J. Marcia Araujo, MA, LMFT

COUNSELING SERVICES
1200 East H Street
Chula Vista, CA 91910

Call us:
(619) 651-7755

Email us:
marciaaraujo42@gmail.com

-Se Habla Español-

*J. Marcia Araujo, LMFT is a
Licensed Marriage and Family
Therapist who has been
working with families in the
Chula Vista area for over 20
years.*



Counseling Services in Chula Vista

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J. Marcia Araujo specializes
in:

- Relationship Issues
- At Home & School
- Children of Divorce
- Family Issues
- Women's Issues
- Children with Behavioral Problems
- Pre-Nuptial Counseling
- Victims of Crime
- Depression
- Anxiety
- Aggressive Behavior
- Grief and Bereavement
- Divorce

There is a new and compelling evidence that people exposed to traumatic events as young children are affected throughout their lifespan, both in terms of mental and physical health. When you come to therapy you will learn new skills that will help you to cope with the challenges of recovering from trauma. You will learn to desensitize and reprocess the memories of trauma as well as resolving/reprocessing complicated grief. These skills will help you to go on your journey, as they restructure a victim mentally to form a proactive survivor identity. You will then reconnect with yourself, family, society and dreams.

Strategies for challenging behaviors related to Oppositional Defiant Disorder (ODD), Attention Deficit Hyperactivity Disorder (ADHD), Autism Spectrum Disorder (ASD), Anxiety and Depression.

Help clients with cutting and self injury disorders, electronic addiction, cyber bullying.

We also help trauma clients with PTSD and complicated grief.

