

# Merced Lao Family Community

## Contact Us

### SEACAP Office

1748 Miles Court Suite B

Merced, CA 95348

Telephone: (209) 384-7461

**24 Hour Hot Line: (209) 384-7384**

Fax: (209) 384-1911

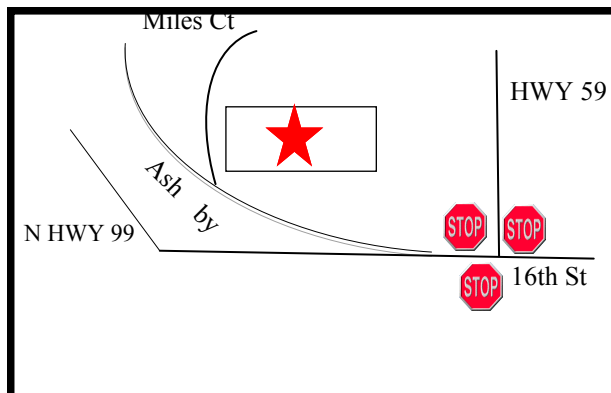
E-mail: [mhs@laofamilymerced.org](mailto:mhs@laofamilymerced.org)

## OFFICE HOURS

Monday - Friday

8:00 a.m. - 12:00 p.m.

1:00 p.m. - 5:00 p.m.



# Merced Lao Family Community



## OUTPATIENT MENTAL HEALTH CENTER

*Our vision is to provide culturally appropriate, evidence-based strategies, consumer and family driven and wellness focused mental health services.*

**Peb lub hom phiaj yog los pab daws kev nyuaj siab kom haum rau peb cov neeg Esxias.**

*Contracted by Merced County  
Mental Health*

**MHSA funded program**



## **MENTAL HEALTH SERVICES**

### **SERVICES**

- ◆ Individual Therapy
- ◆ Group Therapy
- ◆ Individual Rehabilitation
- ◆ Group Rehabilitation
- ◆ Case Management Service
- ◆ Cultural Consultation
- ◆ Outreach and Engagement
- ◆ Peer Support Group
- ◆ Transportation

## **CHAW PAB KEV NYUAJ SIAB**

### **KEV PAB**

- ◆ Tham kev nyuaj siab nrog koj ib leeg
- ◆ Tham kev nyuaj siab rog ib pab
- ◆ Qhia koj kom rov los pab tau koj tus kheej
- ◆ Qhia nrog ib pab kom lawv rov los pab tau lawv tus kheej
- ◆ Khiav hauj lwm pab daws kev nyuaj siab
- ◆ Qhia koj mus rau kev pab raws kev lis kev cai Hmoob
- ◆ Mus tham qhia txog kev pab ua peb muaj thiab sib tham txog kev sib pab
- ◆ Pab neeg tuaj koom kev sib nxhawb
- ◆ Pab thauj neeg

## **PEER SUPORT GROUP**

### **ACTIVITIES**

- ◆ Field trips
- ◆ Picnic at local parks
- ◆ Celebrate special events
- ◆ Group activities
- ◆ Guest Speaker
- ◆ Bingo game and prizes
- ◆ Social support
- ◆ Referral to other services

### **KEV UA SI**

- ◆ Mus ua si
- ◆ Mus noj mov tom chaws ua si (Park)
- ◆ Ua kev zoo siab rau hnuv tseem ceeb
- ◆ Ib pab ua si ua ke
- ◆ Muaj neeg tuaj hais lus cob qhia
- ◆ Ua Bingo, yeej tau khoom
- ◆ Kev sib txhawb
- ◆ Xa mus rau lwm qhov kev pab