

HELP! Resources and Therapist Information

Book Title	Author
Loved by God	R. C. Sproul
How we Love	Milan and Kay Yerkovich
The Seven Principles for Making Marriage Work	John M. Gotten
The Five Love Languages	Gary Chapman
Created for Connection	Kenny Sanderfer
Sacred Stress	George Faller
The Place We Find Ourselves	PodCast
The Body Keeps Score	Bessel van der Kolk, M.D.
Out of the Shadows	Patrick Carnes
Parenting from the Inside Out	M.Ed. Daniel J. Siegel, M.D.
When Sadness Is at Your Door	Eva Eland
Streams in the Desert	Lettie Cowman
Children's Books	
What to do when you worry too much	Dawn Huebner
The Boy, The Mole, The Fox and The Horse	Charlie Mackesy
Podcast	
The Place We Find Ourselves	
Website Linked	Link
Resources for Emotional Support	Emotional Support Website Resources
Handouts	Referred by
Emoji Emotions .docx	Wayne Limm PS.D
Teri Engle's Purpose Doc.	Teri Engle Ps.Y.D, LMFT
Hotlines and Help	Number
L.A. County Domestic Violence	800-978-3600
Redondo Beach PD Domestic Violence Advocacy Program	310-379-2477 ext. 1-2336
The Richstone Family Center in Gardena	310-500-5071
Journey Resources	Link
Care Form	Care Need Form
Prayer Form	Prayer Request Form
Lets do Life Together!	Life Groups Form
Resource Sheet	Covid-19 Resource sheet

Therapist Information

Name	Information
Melanie Bomar, MA	
Location	Journeys Counseling - Torrance
Specialty	Associated Marriage and Family Therapist, Associated Professional Clinical Counselor
Contact info.	mbomar@journeycounseling.com 424-261-0576 - Cell 310-933-4475 (extension #5) – Office melaniebomar.com - Website
Greg Piken	
Location	Journeys Counseling - Torrance
Specialty	Therapist Trainee
Contact info.	gpiken@journeycounseling.com 310-933-4475 (extension #9) – Office
Dr. Wayne Limm PS.D.	
Location	Torrance
Specialty	Psychologist
Contact info.	wclimm@earthlink.net 424-731-1122
Dr. Teri Engle Ps.Y.D, LMFT	
Location	Hermosa Beach & Torrance
Specialty	Licensed Marriage and Family Therapist, LMFT
Contact info.	310-529-6957
Jeremy Gordon	
Location	Journeys Counseling - Torrance
Specialty	Licensed Marriage and Family Therapist, LMFT
Contact info.	jgordon@journeycounseling.com 310-933-4475 (extension #7) – Office
Leyla Magpiong, MS	
Location	Journeys Counseling - Torrance
Specialty	Licensed Marriage and Family Therapist, LMFT
Contact info.	lmagpiong@journeycounseling.com 310-933-4475 (extension #4) – Office
Carla Rather Founder EFT Center	
Location	LA's South Bay Orange County
Specialty	Certified Emotionally Focused Therapist & Supervisor
Contact info.	www.relationshipshifts.org 310-227-3947 – Office