



Counseling Resources

Congratulations on taking the next step in your mental health journey. Our Bayside OC Pastoral Staff has compiled this short list of potential counselors. Each counselor on this list has assured us they are Christians, actively involved in a local church, and share the same core values found in the Bible as we do.

Here are a few tips about choosing the right therapist...

- Consult your Insurance Directory
 - If you plan to pay through your insurance plan, you might want to check who is listed as part of your plan's network.
- Check out some of the counselors on our list.
 - If you are looking for something specific, give us a call and we'd be happy to provide a few more referrals.
- Look for a counselor with credentials and experience in what you need.
 - Most counselors have a specialty or may only see adults, so it's important to find out what their area of expertise is and who they serve.
- Ask Questions
 - Don't be afraid to ask them about their license, experience, treatments, if they have a sliding fee scale, etc.

Remember, it's important for you to feel comfortable with your counselor. Even though there are times when therapy can be uncomfortable, you should feel heard and respected during your sessions. Whatever happens, don't be discouraged. This is a journey.

Please do not hesitate to reach out to our staff if you have any additional questions.

Tyler Swaney – tyler.swaney@baysideonline.com

Isabelle McCourt – isabelle.mccourt@baysideonline.com

Bayside Church does not accept or assume any responsibility for the actions or counsel of these individuals. To help us maintain a solid professional referral list we invite you to give us feedback (positive and negative) concerning your counseling. You may do so at orangecounty@baysideonline.com



Counseling Resources in North Orange County

THERAPIST/PRACTICE	Cindy Benavides, LMFT		
PHONE	(909) 319-9970	TYPES OF MEETING	Video, Phone
EMAIL	alignhopecounseling@gmail.com		
AREA/LOCATION	Chino Hills	FREE CONSULTATION	Yes
WEBSITE	https://www.psychologytoday.com/us/therapists/cindy-benavides-chino-hills-ca/981494		
NOTES	Marital, Relational, Betrayal Trauma, Anxiety	SLIDING SCALE	Yes

THERAPIST/PRACTICE	Barbara Windeknecht, MS, AMFT, APCC		
PHONE	(714) 866-8012	TYPES OF MEETING	Video, Phone, Onsite
EMAIL	barbara@unshackledtruth.com		
AREA/LOCATION	North & South OC	FREE CONSULTATION	Yes
WEBSITE	unshackledtruth.com		
NOTES	Grief, Betrayal Trauma	SLIDING SCALE	Yes

THERAPIST/PRACTICE	Renovari Counseling Center		
PHONE	(714) 833-2472	TYPES OF MEETING	Video, Phone, Onsite
EMAIL	info@renovaricounseling.com		
AREA/LOCATION	North OC	FREE CONSULTATION	No
WEBSITE	https://renovaricounseling.com/		
NOTES	Individuals, Couples, Teens and Families	SLIDING SCALE	Yes

Counseling Resources in Central Orange County

THERAPIST/PRACTICE	Laura Kang, LMFT		
PHONE	(949) 238-6733	TYPES OF MEETING	Video, Phone, Onsite
EMAIL	laurakangtherapy@gmail.com		
AREA/LOCATION	Central OC	FREE CONSULTATION	Yes
WEBSITE	https://laura-kang.clientsecure.me/		
NOTES	Depression, Anxiety, Stress, Life Transitions, Work Problems; Women, Couples, Adolescents	SLIDING SCALE	Yes

THERAPIST/PRACTICE	Dr. Randall Reinheimer		
PHONE	(714) 573-0000	TYPES OF MEETING	Video, Phone, Onsite
EMAIL	drrheinheimer@sbcglobal.net		
AREA/LOCATION	Central OC	FREE CONSULTATION	No
WEBSITE			
NOTES		SLIDING SCALE	Yes

THERAPIST/PRACTICE	Journeys Counseling Ministry		
PHONE	(949) 466-7142	TYPES OF MEETING	Video, Phone, Onsite
EMAIL	helpdesk@journeycounseling.com		
AREA/LOCATION	Central OC	FREE CONSULTATION	No
WEBSITE	www.journeycounseling.com		
NOTES	Spiritual Direction, EMDR, CBT, Individual, Relationship, Marital & Family Counseling, Psychological testing	SLIDING SCALE	No

Counseling Resources in South Orange County

THERAPIST/PRACTICE	Dr. Michael Jilke		
PHONE	(949) 322-9120	TYPES OF MEETING	Video, Phone, Onsite
EMAIL	drmichaeljilke@icloud.com		
AREA/LOCATION	South OC	FREE CONSULTATION	No
WEBSITE	drmichaeljilke.com		
NOTES		SLIDING SCALE	Yes

THERAPIST/PRACTICE	Dr. Cathy Evangelatos		
PHONE	(949) 454-9016 X3	TYPES OF MEETING	Video, Phone, Onsite
EMAIL	cevangelatos@meierclinics.com		
AREA/LOCATION	South OC	FREE CONSULTATION	Yes
WEBSITE	https://www.meierclinics.com/location/laguna-hills/		
NOTES	Psychodynamic therapy; Adults, adolescence; Grief/Loss, Anxiety, Depression, Bipolar, Life Transitions, Divorce, Spiritual Direction	SLIDING SCALE	Yes

THERAPIST/PRACTICE	Prepare to Change		
PHONE	(949) 229-6047	TYPES OF MEETING	Video, Phone, Onsite
EMAIL	DrKaneezaLafir@P2Ccounseling.com		
AREA/LOCATION	Central & South OC	FREE CONSULTATION	Yes
WEBSITE	http://www.p2ccounseling.com/		
NOTES	EMDR: Dustin Schultz (MFT), Jennifer Fee (PsyD), Brent Scarborough (MFT), April Twenhafel (MA); Sexual Abuse (survivor): Kaneeza Lafir (PsyD),	SLIDING SCALE	Yes

Counseling Resources for Children & Teens

THERAPIST/PRACTICE	Brave Spaces Therapy (Olivia Dahlin, LMFT, LPCC)		
PHONE	(949) 207-9612	TYPES OF MEETING	Video, Phone, Onsite
EMAIL	oliviadahlin@bravespacestherapy.com		
AREA/LOCATION	South OC	FREE CONSULTATION	Yes
WEBSITE	https://bravespaces-therapy.com/		
NOTES	Children/Adolescents and Young Adults, EMDR, Trauma/Stress/Anxiety	SLIDING SCALE	Yes

THERAPIST/PRACTICE	Connected Life Center (Kristie Cain)		
PHONE	(949) 922-4564	TYPES OF MEETING	Video, Phone, Onsite
EMAIL	carespecialist@connectedlife.family		
AREA/LOCATION	South OC	FREE CONSULTATION	No
WEBSITE	https://connectedlifecenter.org/		
NOTES	Certified play therapist, family, adolescents, children	SLIDING SCALE	No

THERAPIST/PRACTICE	Dr. Jenna Flowers		
PHONE	(949) 863-9031	TYPES OF MEETING	Video, Phone, Onsite
EMAIL	info@drjenna.com		
AREA/LOCATION	South OC	FREE CONSULTATION	No
WEBSITE	drjenna.com		
NOTES	Running groups for teens and separate groups for parents.	SLIDING SCALE	Yes