



DISCOVERY

COUNSELING CENTER

605 Tennant Ave Suite G, Morgan Hill

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 individual, couples, and family counseling at our Morgan Hill office. With more than 40 committed, diverse, multilingual staff, we have a wide spectrum of uniquely qualified therapists able to work with most client needs and availability. Workshops and groups are regularly offered throughout the year, based on interest and need. Counseling is available in English, Spanish, Vietnamese, Russian, and Mandarin.



Discovery works with most insurances, including commercial Medi-Cal, and offers sliding scale rates. We are committed to providing access to affordable mental health services for everybody.

Discovery offers many on-going workshops and support groups, such as:

- Neutral Zone Divorce Support for children and adults experiencing the effects of divorce.
- Grief Share - A processing support group for adults navigating the loss of a loved one.
- Why Try? - A resilience support group to develop positive mindset and skills for youth struggling with decision-making, and relational and academic disinterest.
- Coping with Anxiety & Depression - A support group to understand causes and develop tools for managing stress, anxiety, and depression.
- Parenting Workshop - Parents learn practical skills to stay calm under pressure, and build connection and cooperation at home

School Services & Gavilan Community College

Since 2014, Discovery has provided counseling services for both Morgan Hill and Gilroy Unified School Districts, with school staff and parents able to refer students for individual counseling. Discovery provides a variety of support groups for students. Current groups being offered are Grief Support, Why Try?, Neutral Zone Divorce Support, Anxiety Support, Social Skills, Boldly Me Self Esteem and Communication, and Mindfulness. Students are seen in several Gilroy schools at no cost to the families, during school hours, with the option of continuing private services at Discovery.



Since 2018, Discovery has provided counseling, support groups, and workshops at no cost to Gavilan students and staff, helping students maintain their academic standing, while positively adjusting to college, and navigating life changes.



Contact US! www.mydiscoverycc.com – 408.778.5120