



MARCH 2022

GOOD VIBRATIONS

AIRPORT MARINA COUNSELING SERVICE



Join AMCS in Honoring Valeria Velasco

Plans for AMCS's 17th Annual Spring into Well-being Celebration are underway, and we are excited to announce that we will be honoring Valeria Velasco, Vice President, Board of Airport Commissioners, Los Angeles World Airports, with our 2022 Community Builder Award on Thursday, May 19. The event location is to be determined, but the Spring Celebration will include a live and silent auction, entertainment by retired NBC4 Weathercaster and comedian Fritz Coleman, and much more!

"We are so excited to be honoring Val for her long-time commitment to our clinic," said AMCS CEO Eden Garcia-Balis. "And we look forward to having a celebration of the many ways in which AMCS has continued to deliver critical mental health services to our community – even in the midst of the pandemic."

Commissioner Velasco is a sole practitioner estate planning attorney in Playa del Rey. As a civic leader, she has served as Lieutenant Governor for Rotary International District 5280 and currently serves as a Fee Dispute Arbitrator for the State Bar of California. She also served as chair of the Los Angeles Area Chamber of Commerce World Trade Week in 2012.

Commissioner Velasco has served as a City of Los Angeles Planning Commissioner, Staff Legal Counsel and Hispanic Liaison to former City Councilman Michael Woo, Assembly Aide/Hispanic Liaison to former Assemblyman Mike Roos and a bilingual elementary school teacher. She is a native Californian and has lived with her husband Frank in Playa del Rey since 1988.



For more information or to reserve event tickets, please visit www.AMCShelps.com.

AMCS MISSION

Airport Marina Counseling Service (AMCS) provides accessible community based mental health services; and provides quality training to therapists.

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Kaiser Funds New Counseling Program

AMCS PARTNERS WITH THREE OTHER CLINICS TO DELIVER FREE SERVICES

Thanks to a generous grant from Kaiser Permanente, AMCS has been able to initiate a collaborative program with Open Paths Counseling Center, Maple Counseling and Westmont Counseling Center.



Westmont Counseling Center

“Care Through Counseling” provides 10 free sessions of culturally sensitive, trauma-informed therapy for clients who earn less than \$30,000 a year and reside in the area.



“This is precisely the kind of cooperative effort that will enable us to engage more people and especially those who need mental health services, but are not currently accessing them,” said AMCS CEO Eden Garcia-Balis. “I am proud of what we have been able to do so far, and I look forward to working with our partners to help even more people in need.”



Call AMCS today at (310) 670-1410 to see if you qualify for the Care Through Counseling program.

Eden's Message

The past two years have been chaotic to say the least, and COVID-19 has impacted us all. I am proud of how quickly AMCS pivoted from in-person counseling sessions to telehealth in the midst of the pandemic, but there are still many people who need our help and are not receiving it. We are working hard to spread the word that AMCS is a low-cost option and that we can address a wide array of mental health issues.

But we need your help to continue our efforts. I am hopeful that all of you will join our Spring Celebration, bid on auction items and even consider a donation to AMCS. Your dollars will continue to have a meaningful impact on those who need it most!

Wishing you nothing but Good Vibrations,

Eden



Eden Garcia-Balis, LMFT
*Chief Executive Officer,
Airport Marina Counseling Service*

Meet Therapist Tanya Mailander, M.A., AMFT

IT TOOK MARRYING INTO A FAMILY OF THERAPISTS BUT THIS THERAPIST IS NOW EXACTLY WHERE SHE'S MEANT TO BE

Growing up in Ohio, Tanya Mailander never thought she'd become a therapist.

"Where I am from, therapy was something looked down upon," she said. "You didn't talk about your feelings or discuss what's happening in your personal life."

But once she moved to California and married into a family where nearly everyone is a therapist, she began to see things from a whole different perspective.

"California opened my eyes to a lot of diversity and different ways of thinking," she said. "I enrolled in Antioch University, and it just felt right."

Mailander had AMCS's Associate Clinical Director Bob Northcutt as a teacher at Antioch, and he was one reason she decided to apply to AMCS.

"The program seemed very rigorous, and that really excited me," said Mailander, who added that her training at the clinic has been exhaustive. "You learn everything you need to know to go out on your own. From couples and individual therapy to the initial consultation process, my training has prepared me for it."

Beyond the training, Mailander said she was even more impressed with the clinic's culture.

"AMCS has been as educational, inclusive and supportive as any experience I have ever been in," she said. "I'm sure I'm finally in the right place."

Mailander said she is not certain what area her practice will ultimately focus on, but she knows for sure that she will volunteer her time to provide community mental health services for those who could not otherwise afford access to therapy.

"There has always been a need, but now with COVID and the pandemic, you can really see the intensity of the need," she said. "More people are paying attention to their mental health, and they are starting to realize that mental health is something you have to take care of just like your physical health."



Tanya Mailander
*Airport Marina Counseling Service
Volunteer Therapist*

We Need Your Help

HELP AMCS GET MENTAL HEALTH SERVICES TO THOSE WHO NEED IT

Please use the enclosed envelope to make a tax-deductible donation today, and empower AMCS to help many in our community to have a better tomorrow.





Airport Marina Counseling Service (AMCS)
7891 La Tijera Boulevard
Los Angeles, CA, 90045

Wills and Wines Set for March 31

Join AMCS and local estate planning attorney Edgar Saenz via Zoom for a free Living Trust & Estate Planning workshop at 7pm on Thursday, March 31. Learn about how estate planning works and how important Living Trusts are for your future.



- What is a Revocable Living Trust?
- What will happen to my property if I die without a Trust?
- What is Incapacity, and how do I plan for it?
- How to add a charity like AMCS to my will?
- How to nominate guardians / provide for children

Stay after Edgar's presentation for a special wine tasting. AMCS's own oenophile, Bill Priestley, will lead the virtual event – a sensory examination and evaluation of some great wine (included for FREE). You will receive more details once you reserve your spot. RSVP by March 17 to bmorgan@AMCShelps.com to be entered into a drawing for an incredible wine basket. **Please note that this event will cover lots of new information not covered in last year's event.**

What's Your Why?

AMCS BOARD MEMBER LISA JOHNSON
SHARES WHY SHE SUPPORTS AMCS

“Physical needs tend to be more obvious than emotional needs, which causes emotional needs to be more often,



be overlooked. I support AMCS because they are addressing the emotional needs of our community, an area less likely to get the attention of both public and private funding.”

— Lisa Johnson
AMCS Board Member
Owner, Molly Maid Playa Vista