



# Mental Health & Wellness Reset

***It's okay to take time for yourself.***

*You deserve support, space to breathe, and care that truly understands you. At Ohana Recovery Center, we offer compassionate, evidence-based mental health treatment tailored specifically for women.*

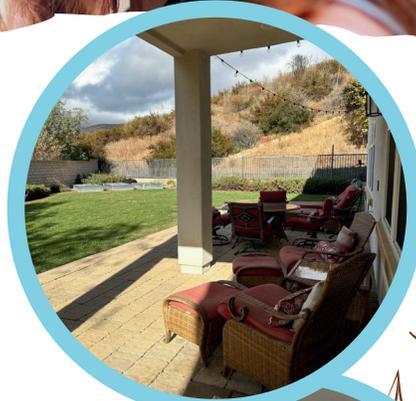
***This is your time—to reset, to heal, and to come back to yourself.***

## What We Treat

- Burnout & chronic stress
- Anxiety & depression
- Disordered eating & body image issues
- Substance & alcohol use disorders
- Trauma & emotional exhaustion
- Co-occurring conditions

## Our Approach

At Ohana, healing isn't one-size-fits-all. We combine evidence-based therapies with holistic care, peer support, and trauma-informed practices—delivered by an all-female clinical team who understands the unique challenges women face.



*Call Now—We'll Walk You Through Everything.*  
**866-779-0457**

 [Ohanarecoverycenter.com/womens-mental-health-treatment/](https://ohanarecoverycenter.com/womens-mental-health-treatment/)

 Agoura Hills, CA



## Program Options.

We offer short-term and extended stays to meet you where you are:

### **2-Week Mental Health Tune-Up**

A focused program offering immediate support, customized trauma care, and advanced coping tools.

### **30-Day Residential Program**

A comprehensive recovery experience that allows time to dive deeper into emotional healing and sustained wellness.

## Why Women Choose Ohana

- Women-only, licensed mental health & addiction treatment
- Private rooms in a peaceful setting
- Individual therapy, group therapy & trauma-focused care
- Psychiatric support & case management
- Sensory integration & holistic healing options
- Covered by all major insurance plans
- 100% confidential

## What to Expect

- 1 Call us or visit our website** to speak with our admissions team.
- 2 Verify your insurance**—all major insurance accepted.
- 3 Get personalized guidance** to choose the program that's right for you.
- 4 Plan your stay** with help on logistics, FMLA, and time away from work or family.
- 5 Arrive at Ohana**—a safe, private space where your healing begins.

*Take the first step. Call now.*  
**866-779-0457**

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