

Pro Bono Therapy

Link for mental health professionals to complete form (pro bono offer):

<https://forms.gle/pf8QRiPLyX5xTAid9>


Available pro bono support for those with financial need:

https://docs.google.com/spreadsheets/d/18ZaBCmuC0vVZ6OjLCHfZeOJ_8B-exIF7QyP8WjbcOGE/edit?usp=sharing

Another form for MH professionals to complete (pro bono offer):

<https://docs.google.com/forms/d/e/1FAIpQLSexlCb0ZvyeoPR7F9i2G9OY9NQRSR8txhEMwaglodHLZyZKzNA/viewform>

This is the list of providers who filled out the above form:

 Pro Bono Therapy for Los Angeles Wildfires

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Integrative Healers Action Network (<https://www.ihanclinics.org/>) is mobilizing a So Cal response now.

What IHAN Does

Trauma-informed integrative health clinics or evacuees and first responders during and after major disasters like this. The focus is on addressing the environmental toxic exposure from the wildfires, trauma, physical pain, anxiety, stress, trouble sleeping, and more

Who We Need to Volunteer

- Licensed or certified integrative health providers including massage therapy and others such as naturopathic medicine, acupuncture, clinical homeopathy, chiropractic care, mindfulness, yoga therapy, and other healing practices

- Anyone wanting to support the effort, especially looking for individuals with mental health and trauma-informed training to support Clinic Coordinator roles

Link to register here: <https://www.ihanclinics.org/volunteer-registration.html>

Causes making a difference on the ground:

- [Dream Center](#) is an L.A.-based charitable organization offers emergency shelter to those evacuated in the Palisades and Eaton Fires.
- [Friends in Deed](#) is a local interfaith organization provides compassionate and supportive services through their Bad Weather Shelter to neighbors experiencing homelessness and vulnerability from the Eaton Fire.
- [The California Fire Foundation](#) provides resources to firefighters, fallen firefighters, their families, and the communities they serve.
- [Direct Relief's California Fire Relief](#) provides N-95 masks, medicine, and resources to health-care agencies and first responders.
- [The California Community Fund](#) has a recovery fund dedicated to helping victims of wildfires.

List from Kaiser SoCal Behavioral Health:

1. **General Resources for CA Wildfires**

[2024 Wildfire Incidents | California Statewide Wildfire Recovery Resources](#)

[Wildfire Information and Resources - NAMI California](#)

[Emergency – COUNTY OF LOS ANGELES](#)

2. **Resources for residents impacted by wildfires:**

- Lyft: Riders in need can use the code [CAFIRERELIEF25](#), valid for 2 rides up to \$25 each (\$50 total) for 500 riders from now until 1/15 at 11:59 p.m.
- Uber: Use promo code WILFIRE25 in the wallet section of your Uber app to redeem a free Uber ride up to \$40.
- Airbnb: Airbnb, partnership with 211 LA, is offering free temporary housing for residents displaced or forced to evacuate due to the recent wildfires. Submit your information [in this form](#) to receive notifications on availability. Please note, spaces are limited, and completing the form does not guarantee a stay. Eligibility criteria apply.
- Metro: Fare collection for rides on Metro has been suspended systemwide.
- [SoCal wildfire evacuation centers - ABC7 Los Angeles](#) – Compiled on 1/8/25

3. **Links EPN can share with KP patients – Accessed via member KP.org account**

- Learn more about wildfires and how to protect yourself and your family https://linkcommunications.kp.org/n/NzE1LVJJWi05NTkAAAGX53oyBlwV20ZNIFcVw7-NI7JZheiNk-hSejYLySt1eJcsWw3UVY41-yP0LLEEFq_97AoWmkQ=
- [Coping with Wildfires](#) — Tips to manage stress and stay emotionally healthy.
- [Helping Children Cope](#) — Support for children who may be feeling scared or stressed.
- [Mental Health and Wellness for Employees](#) — Additional wellness resources are available on MyKP.
- Check kp.org for reports of known facility closures.

4. Clinical Resources for Patient Care

- Great resource working with child and families to discuss about emergencies. [Emergencies - Sesame Workshop](#) Explore free, bilingual resources that families can use to prepare for emergencies, recover from the unexpected, and soothe children even on scary, tough days.
- Resource referring to working with little ones during these wildfires. [Coping with Trauma and Stress in the Face of Wildfires: Tips for Early Childhood Educators | ZERO TO THREE](#)

Provider or Organization Offers

Somatic Soothing Session For People Affected By The LA Fires

This free session is for people affected by the Los Angeles fires. Azul of Mariposx Healing will hold space for expression of emotions through somatic practices, movement, chanting, and drum medicine. Their intention is for this space to be a supportive breather to help you feel more grounded and nurtured. We will also have space for resource connection. **Please note there are only 15 spots available!**

This session will take place on January 28 from 6:00–7:30 pm Pacific Time and will meet via Zoom.

Sign up here:

https://liberatorywellnessnetwork.com/somatic-soothing?ss_source=sscampaigns&ss_campaign_id=6779b1a27c2d415ee5413024&ss_email_id=67893ec54a596c5a1d14669f&ss_campaign_name=Somatic+Soothing+Session+for+folks+affected+by+the+LA+fires+%F0%9F%A6%8B&ss_campaign_sent_date=2025-01-16T17%3A16%3A12Z

Melissa Dellens, LMFT, and I will be offering 3 pro-bono spots for 6-8 sessions, followed by sliding scale rates. We are offering these spots to queer and trans people impacted by the LA wildfires, and first responders. To be clear, "impacted" does not mean that someone needs to have lost housing. In LA County, we have all been impacted by dangerous air quality, fear of losing housing, grief of lost neighborhoods and memories, and fear for friends and loved ones closer to evacuation zones.

Please feel free to pass on our information to those in need. Melissa will also be offering a group for queer and trans first responders. If you have questions, you can reach us via the information in my signature.

Sincerely,

Leigh Huggins, MA, AMFT, 145151
Pronouns: she/they
Supervised by Cadyn Cathers, PsyD, MBA
Licensed Psychologist, 32839

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Pacific Clinics®

Center for Divergent Connections

FREE VIRTUAL LOS ANGELES WILDFIRE SUPPORT GROUP

**For the victims of the tragic
Los Angeles Wildfires**

These are times where our community needs to come together to support and uplift one another. Join us for a free, virtual drop-in support group to connect with your community members. This will be a neurodivergent and LGBTQIA+ affirming space. Only together can we regroup, rebuild, and heal.

Ages 18 and over.

Link:
<https://tinyurl.com/SupportingLA>

Microsoft Teams Meeting ID:
257 085 892 839

Password: Fn7x6BF3

Contact:
Ryan.GrosJean@PacificClinics.org

Dates/Times:

**Wednesday Jan. 22nd
Monday Jan. 27th
Wednesday Jan. 29th.
Monday, Feb. 3rd.**

3:00pm-4:00pm



**Ryan GrosJean, AMFT
(He/They)**



**Starla Hendrix, ASW
(She/Her)**

Disclaimer:

This is not a psychotherapy group. We will be facilitating discussion and providing community and connection. We can connect you with both crisis and long-term resources.

On Saturday, January 25, the LA Queer Events Coalition is putting on a Town Hall: "Healing Together: A Community Gathering for Support and Fire Relief Resources." The focus will be on community-building, resourcing, education, and healing support in response to the fires and the presidential inauguration. It will take place at the AT Center in Silver Lake from 1:00 to 4:00 p.m. Flyers are attached, and below is the link for more information. Please share with anyone in the LA area who could benefit.

<https://www.eventbrite.com/e/healing-together-town-hall-la-queer-events-coalition-tickets-1134998193149?aff=oddtcreator>