NORTH MARIN COMMUNITY SERVICES

NMCS Mental/Behavioral Health and Wellness Programs

Our person-centered approach to mental health services offers individuals and families a chance to achieve a better quality of life. We provide integrated trauma-informed and culturally centered services to children, adolescents, families, and adults who would benefit from mental health services and supports.

Services are provided in our main clinic at 680 Wilson Ave, at the Novato Teen Clinic, and in schools throughout the Novato and Shoreline Unified School Districts. We are also able to offer confidential telehealth services.

To get started, please call (415) 892-1643, ext 239
(se habla Español) for a confidential phone assessment.

Clinical Supervisors, Administrative Staff & Clinicians



Mental Health Program Director
Donnell Holmes-Carson, LMFT

Donnell is a licensed Marriage and Family Therapist with over 14 years of experience working with adults and children experiencing severe and persistent mental illness and trauma. Donnell has worked extensively in both the for-profit and non-profit business sectors and was the owner/operator of her own bookkeeping business for many years. Donnell enjoys working in a setting where she can utilize both her knowledge and skills of program planning and administration and her skills of therapy.

Donnell earned her M.A. degree in Counseling Psychology from Sonoma State University. Prior to becoming a therapist, Donnell pursued a teaching credential and has been certified as an Instructor of Trainers by Girl Scouts U.S.A. and has developed and led many staff and agency trainings. She has created and implemented multiple mental health rehabilitation programs and effectively managed budgets exceeding $2 million. Her latest endeavor was to research, select and help implement therapeutic social and emotional learning curriculum for the YWCA's preschool program. Donnell is trained in multiple therapy modalities including wraparound, cognitive behavioral therapy, Trauma Focused Cognitive Behavioral Therapy, Motivational Interviewing, Dialectical Behavioral Therapies (DBT) and Eye Movement Desensitization and

	Reprocessing (EMDR) and is certified by Boston University's Center for psychiatric rehabilitation in psycho-social rehabilitation and Hazelden's Co-Occurring Disorders program. Donnell and her husband enjoy farm life where they have two large fluffy cats, dogs, mules and chickens and love to spend time taking daytrips to local or nearby points of interest whenever they can. Donnell loves to organize and plan events and to use any other spare time for sewing, quilting and crafting.
	**Clinical Supervisor** **Chelsea Fenton, LMFT** Chelsea is excited to return to North Marin Community Services as a Clinical Supervisor. Building on her years of experience in her prior roles, she views clinical supervision as a natural next chapter in her work, combining her background in program leadership, direct client care, and her passion for supporting professional growth in early-career clinicians. Her clinical background includes St Joseph Hospice's grief and loss counseling program, NMCS' school-based counseling program, and serving as the former Wellness Program Manager for NMCS' Clinical Training Program and the Novato Teen Clinic from 2019-2022, prior to transitioning into the private practice sector. She has worked with clients across the lifespan, from ages 7 to 70, with a focus on supporting individuals from diverse backgrounds and lived experiences who may be navigating grief and loss, major life transitions, anxiety, depression, and teen/family concerns. Her primary therapeutic approach integrates Acceptance & Commitment Therapy, Dialectical Behavioral Therapy, and Cognitive Behavioral Therapy within a collaborative, culturally-responsive, and systems-informed lens. Chelsea holds a Master's in Counseling from the University of San Francisco and a B.S. in Psychology from San Diego State University. Outside of work, Chelsea can be found on walks with her therapy-dog-in-training, hosting game nights with fellow Wingspan fans, enjoying the art of amateur painting/drawing, listening to podcasts or stand-up comedy, and embracing her inner foodie with her fiance in San Francisco.

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Licensed Marriage & Family Therapist and Clinical Supervisor

Amber Losk, LMFT

Amber is excited to join North Marin Community Services after working 7 years in San Francisco for Compass Family Services. Throughout her career, Amber gained experience working as a therapist at a preschool center, leading women's support groups, and conducting individual therapy with primarily immigrant women and children. Three years ago Amber obtained her Mental Health License and completed her training in supervision. Amber grew up in Southern California before moving up north to complete her bachelor's degree. In 2016 she received her Master's Degree in Counseling Psychology. She was raised by her mother, an immigrant from Sinaloa, Mexico and her father, a US born citizen. Amber is thankful and proud of her multicultural upbringing which helps her in her career as a therapist. Amber and her husband decided it was time to leave the city and settle in a quieter area and moved recently to Sonoma County. Amber enjoys traveling, meeting new people, reading, and listening to true crime podcasts and TV shows. Amber states: "I am very excited to bring my passion as a therapist of connecting with my clients and helping them succeed and achieve their goals."



Senior West Marin Program Manager

Christina Hetzer

Christina Hetzer completed six years of a Ph.D. program in Clinical Psychology at Palo Alto University with an emphasis in LGBTQ+ Psychology. She has experience working with marginalized and underserved adults and children in various settings including community mental health, residential, shelters for the unhoused, and the juvenile justice system. She has a background in case management, triage and crisis response, and psychological assessment and evaluation. She stepped away from the program in 2017, after obtaining a master's degree, to explore other career opportunities in the field while focusing on her other dream of starting a family. Without hesitation, she took the first opportunity

that presented – school-based prevention and early intervention – and has grown in this position, working out in Shoreline Unified ever since. Through the Mental Health Services Act (MHSA) grant-funded position, Christina has provided individual and group counseling for students (K-12) and has supported training/education and outreach for students, staff, and parents/caregivers in various areas including social-emotional learning, restorative practices, trauma-informed care, suicide prevention, substance abuse, and social media safety. Her background in Animal-Assisted Therapy has been welcomed in Shoreline and she hopes to continue serving the community with a four-legged friend at her side. More recently Christina's role has shifted to a focus on program development and coordination of services to enhance school climate/culture and improve access to care.

Christina takes great pride in the collaborative relationships she's built with community partners and colleagues throughout Marin County and the more intimate relationships she's built with students, staff, and families within Shoreline. It is through these connections she feels rooted in the community in which she serves. Christina lives in Sonoma County with her spouse and two children. She enjoys spending time outdoors, working in the garden, hiking, biking, and going on adventures with her family



Associate Marriage & Family Therapist
Andrea Alphonso-Gibbs, AMFT

Andrea emigrated to the United States from Guyana when she was 9 years old. As the eldest of four siblings, she helped her family navigate and adjust to their new circumstances in the northeastern region of the country. After graduating with a general science degree, she worked with young adults and families in higher education as an admission counselor. Later she continued in the technology field where some of her duties involved helping international researchers get adjusted and settled within the community. After having children, she retrained and worked with parents and students, providing support to families by teaching children, conducting parenting classes and mentoring

	those others in Early Childhood Education. Andrea graduated from Dominican University with a Master's in Counseling Psychology and has provided psychotherapy to young adults. Andrea strives to provide children and families with attuned collaborative care, working to reinforce strengths, build skills and use play and the arts to creatively and more fully integrate mind and body to promote and augment healing through common stressors and transitions. In her spare time, she likes to be active by hiking and gardening. She also enjoys reading, meditating and making useful beautiful objects by knitting, sewing and painting
	**Associate Marriage & Family Therapist** **Cerbelio Grijalva-Reyes, AMFT** Cerbelio is excited to embark on this new journey as a Bilingual Mental Health Associate Clinician at North Marin Community. As a first-generation Latino college graduate, Cerbelio brings valuable experiences from working in non-profit organizations and school districts. His primary goal is to support and break down the negative stigmas associated with mental health in our community. Cerbelio recently completed his master's degree in education, as a Marriage and Family Therapist at Sonoma State University. He continues to be actively involved and contributes as a board member on the SSU alumni committee. Outside of his academic and professional endeavors, he finds joy in coaching soccer in both Novato and San Rafael. When he is not assisting clients or coaching, Cerbelio enjoys quality time spent with family and friends.
	**Associate Marriage & Family Therapist** **Jenny Maldonado, AMFT** Jenny joins North Marin Community Services with a profound passion for supporting and helping uplift immigrant communities. She was born and raised in Marin County. In recent years, she has obtained two associate degrees from College of Marin, a Bachelor's Degree in Sociology from the University of California, Santa Barbara, and is currently working on her master's degree at Dominican University of California in order to become a licensed therapist. Jenny brings with her the experience of being a daughter to immigrant parents and

	the eldest sibling of a blended family. She hopes that the challenges she has overcome will help her connect and empower individuals of similar backgrounds. In addition to her educational accomplishments, Jenny enjoys teaching dance to teenagers, coaching group fitness classes, and journaling in front of a sunrise.
	**Associate Marriage & Family Therapist** **Yvette, Garcia, AMFT** Yvette Garcia holds Master's Degree in Organizational Psychology and Education (emphasis in special education), as well as a Bachelor's Degree in Psychology. She has worked in education for over 15 years in various roles including therapeutic after-school counselor, paraeducator, resource teacher and program specialist at both early intervention and high school levels. Over 9 of these years were dedicated to serving families in the Novato community. After many years in education, Yvette decided to finally pursue her lifelong dream to become a therapist. Yvette is especially passionate about working with children and families to increase protective factors and build resilience, support healthy and healing relationships (via bonding and secure attachment) and work towards improved quality of life. Yvette believes that people are amazing and resilient beings who are doing their best with the resources they have and who deserve support to improve their lives in ways that are most meaningful to them. She partners with families to discover and promote what healing and well-being means to them. Yvette is honored to be welcomed to the NMCS mental health clinicians' team of trainees and to be part of such a highly-regarded organization doing important work in the Novato community

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Associate Marriage & Family Therapist
Shayda Bakhtiari, AMFT, APCC

Shayda Bakhtiari is excited to join North Marin Community Services as an Associate Mental Health Clinician. She earned her Master of Arts degree in Clinical Psychology with an Emphasis in Marriage and Family Therapy from Pepperdine University and her Bachelor of Arts degree in Psychology with a minor in Integrated Educational Studies from Chapman University.

Shayda brings experience providing trauma-informed, culturally responsive care to children, adolescents, and families in nonprofit, community-based, and outpatient settings. She has designed and facilitated therapeutic groups on topics including coping with anxiety, body positivity, goal setting, relationship building, and nature-based mindfulness practices.

As the daughter of a Persian immigrant father, Shayda is passionate about reducing cultural stigma around seeking support and fostering open conversations about mental health and personal growth. Born in San Francisco and raised in Marin County, she is honored to serve the community that helped shape who she is today.



Associate Marriage & Family Therapist
Jesse Butler, AMFT

Jesse is excited to be part of the North Marin Community Services team. He acquired a BA in Psychology from UCSD, and an M.A. in Clinical Mental Health Counseling at Sonoma State. He has a track record in direct human services work with youth and adults. Extensive training in motivational interviewing, conflict resolution and mediation, and personal training and coaching. Combines passion for learning, interpersonal relationship skills, and a deep commitment to social justice and equity in healthcare access for all people. Possesses an instinctual ability to connect with people of all cultures and backgrounds, and to motivate individuals and groups. Brings a broad-minded perspective with the ability to see situations and problems from all angles to better assess and find solutions.

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Associate Marriage & Family Therapist
Veronica Guillen, AMFT

Veronica is thrilled to be joining the team at North Marin Community Service. She is a current MFT graduate student at Touro University Worldwide pursuing a Master's in Marriage and Family Therapy in order to become a licensed therapist. Veronica immigrated to San Francisco from Nicaragua as a young child and loves making the Bay Area her home. She has worked with several Marin County agencies that focus on serving victims of domestic violence and Marin county's unhoused population. She has also worked in early childhood education, and as an educational aide for teens affected by Autism. Veronica is grateful to have raised her children in the Bay Area and enjoys spending time with her family and learning new things.



Associate Marriage Family Therapist
William Hubert, AMFT

Will is grateful for the opportunity to join NMCS. He graduated from Sonoma State University's graduate program in Clinical Mental Health Counseling. Will wants to help eliminate social stigmas associated with seeking mental health treatment for all people, and he is especially intent on being an ally and advocate for young people. He earned his B.A. in Outdoor Education from Chico State University and his M.S. in Recreation, Parks, & Tourism from San Francisco State University where he studied the intersection of outdoor leadership, social justice, and trauma-informed care. Will is adept at building authentic therapeutic relationships that are grounded in cultural humility and framed by a person-centered, humanistic approach. He is committed to interrupting systems of privilege and oppression that prevent youth and families from accessing mental health services. In addition, Will is intent on increasing equitable access to public parks and outdoor spaces, which he believes help to nurture and sustain people's mental health. Will knows that to create a healthier planet, people first need to treat themselves and each other well. He often quotes author and activist John Francis, PhD, who said: "We are the environment, and how we treat each other is how we will treat the environment."

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Marriage & Family Therapist Trainee

Laura Toral

Laura is excited to be joining the team at North Marin Community Service. Laura is originally from southern California, and she came up north for school purposes. Laura received her bachelor's degree from UC Davis, in which she triple majored in Spanish, Chicanx studies, and international relations. Laura is currently attending Pepperdine University's online master program to become a clinician. She has previously worked in the community beforehand as a peer counselor. Laura is looking forward to keep supporting the community that has welcomed her. Besides work and school, Laura loves to spend time with her pets and connecting to nature



Bilingual Associate Mental Health Clinician

Vanessa Trejo-Perez

Vanessa Trejo-Perez is excited to join the NMCS team as Bilingual Associate Mental Health Clinician!

As a first-generation Latina college graduate, she is passionate about supporting families and individuals in marginalized communities. Her professional background includes working in non-profit organizations as a Family Advocate, where she played a pivotal role in helping families recognize their strengths to overcome obstacles in their lives. Vanessa holds a Bachelor of Science degree in Sociology and got her Master's Degree in Counseling Psychology at Dominican University.

Beyond her professional commitments, Vanessa brings a diverse personal background as the daughter of immigrants from Mexico. Eager to contribute to her wealth of experience and passion for community well-being, Vanessa looks forward to making a positive impact in her role at North Marin Community Services. She finds joy in staying active, cherishes quality time spent with loved ones, and is dedicated to building faith. These interests not only shape her personal life but also contribute to her holistic approach to community well-being. In her own words, Vanessa emphasizes, "I am thrilled to have the opportunity to be a part of the NMCS team and create a positive impact by assisting clients in meeting their goals."