



## Behavioral Health

### **Dana Timmermans, LMFT**

Dana Timmermans is a Licensed Marriage and Family Therapist with over 30 years of experience helping individuals, teams and organizations through personal growth, improved effectiveness and dynamic change.

In his role with Evernorth, Dana serves as a dedicated on-site resource for CHOC associates and medical staff members who are seeking support for behavioral health, including a wide range of diagnoses, among them anxiety, stress, depression and work-life balance.

While therapy requires work, he believes the process can be joyful for his clients. He feels honored and privileged to help others grow through difficult times, get 'unstuck', and achieve an improved quality of life.

Prior to joining Evernorth, Dana spent 15 years serving in hospitals, psychiatric facilities, residential treatment programs and in outpatient settings. He's a proud California State Guard veteran.

### **Education**

University of San Francisco, MA - Counseling Psychology  
San Francisco, California

San Francisco State University, BA - Clinical Psychology  
San Francisco, California

## Behavioral Health

# Dana Timmermans, LMFT

### Scope of Services

- Work-life balance
- Emotional support
- Anger management
- Caregiver support
- Substance and alcohol misuse
- Mental health and lifestyle
- Eating disorders
- Healthy behaviors assessment and intervention
- Depression, anxiety and mind-body connection
- Coping skills
- Gender Identity
- Personality disorder
- Relationships and intimacy
- Mindfulness and meditation
- Screening for bipolar disorder
- Parenting skills
- Grief
- Spirituality wellness
- Relationships – family, friends, children

### Hours and Availability

M/W: 11 a.m.to 7:30 p.m.

T/Th: 8 a.m. to 4:30 p.m.

F: 7 a.m. to 3:30 p.m.

*In-person and virtual sessions available*

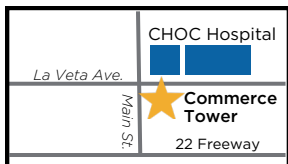
### Scheduling

To book an appointment through MyChart, please scan the QR code here.  
For scheduling support, call 877-827-6885.



### Location

Commerce Tower  
Suite 400  
505 S. Main St.  
Orange, CA



**Sessions are at no-cost for CHOC associates and medical staff.\***

*In accordance with IRS regulation, \$25 copay required for High-Deductible Health Plan members. Dana is an employee of Evernorth and not affiliated with CHOC.*