



Tina Logan
Licensed Marriage and Family Therapist
5050 Linden Ave., Long Beach, CA 90805
loganmaya74@gmail.com

April 15, 2026

To Whom It May Concern:

Ms. Anu Tirwa (DOB 1996-10-27). She sought treatment for a mental health-related disorder that can be found in the DSM-V. I'm familiar with her emotional-mental history and with the functional limitations imposed by this mental health-related disorder.

Due to this emotional disorder, Ms. Tirwa has certain limitations coping with what would otherwise be considered normal, significant day to day situations, such as symptoms of anxiety (including, lack of interest in daily activities, feelings of frustration, worrying and inability to self soothe).

To help alleviate these challenges and to enhance her day to day functionality, I have prescribed Ms. Tirwa to obtain two cats as her emotional support animals, specifically two Orange Tabby's named Lucy, that weighs 12 lbs and Green that weighs 8 lbs. These animals are necessary for the mental health of Ms. Tirwa because their presence will mitigate the symptoms she is currently experiencing.

- Lucy (Cat - Orange Tabby, 12 lbs): Helps provide comfort during moments of anxiety, which helps reduce stress and restore a sense of calm, primarily through petting.
- Green (Cat - Orange Tabby, 8 lbs): Offers grounding presence when she feels disconnected or overwhelmed, bringing her focus back to the present, primarily through petting.

I am licensed to practice therapy and to prescribe ESAs for treatment. My license number is MFT-46136. My LMFT license was issued in the state of California in 2008. This letter should suffice as proof of treatment and certification of obtaining and keeping an emotional support animal in her dwelling, in accordance with the Fair Housing Act and the Americans with Disabilities Act.

Sincerely,
Tina Logan, LMFT
Calif. Lic. 46136
(562) 376-0618