

Groups and Specialties

Lori Churchill:

Adolescent & adult grief & loss groups

Carrie Powers:

Support group for new moms or mothers struggling with postpartum, mood or anxiety complications

Pastoral Counseling Centers of MA:

Meditation, divorce support, grief & loss support, among others

Stacey Sparks:

CBT based adolescent skills training group

Children's Friend (Worcester) DBT group

Heywood Hospital: Over 15 different groups to choose from; call 978-630-6248

Addiction support groups for families

www.Learn2Cope.org

Asperger/Autism Network

www.aane.org

Divorce Mediation

www.MediationAdvantage.com

The therapists listed in this pamphlet are individual practitioners, i.e. independently licensed and insured and not affiliated with each other in any business-like manner.

To learn more about any of the practitioners listed contact them using the information listed under their name.

Debbie Ennis LICSW
... discover you

Mail: P.O. Box 53
Barre, MA 01005

Site: Listening Wellness Center
35 South St.
Barre MA 01005

Phone: 978-257-8062

www.DebbieEnnis.com
Debbie@DebbieEnnis.com

Local Therapists, Here to Help

What you get by achieving your goals is not as important as what you become by achieving your goals.

—Henry David Thoreau

Amy Aubertin, MS, RDN, LDN

Nutrition Therapist

53 Merriam Ave., Suite 5, Leominster
978-501-6035

Sarah Aubuchon, MA, LMHC

418 Patriots Rd., Suite A, Templeton
603-762-5356
aubuchonsarah@gmail.com

Burnout to Bliss

Lisa Holloway, MS, CRC

Listening Wellness Center
35 South St., Barre
Holistic Health Coach
978-257-8180
www.BurnOutToBlissHealthCoaching.com
Lisa@BurnouttoBlissHealthCoaching.com

Jillian Bushay, LMHC

23 Village Inn Rd., Suite F, Westminster
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***Sonya Brock, LICSW**

531 Summer Street Suite 1, Barre
214-912-6784
Sonya.brock.licsw@gmail.com

***BHN Valley Human Services**

96 South Street, Ware
413-967-6241
Walk-ins: Mon.-Wed. 9:30am and 10:30am
They have over 10 locations.

John R. Casey, LICSW

200 Highland St., Worcester
774-239-3262
jrcasey08@charter.net
CBT/ hypnosis for mood and substance use.

Jennifer Chatelle, MA, LMHC

Child & Adolescent Psychotherapist
588 Main St., Shrewsbury
508-414-2606
JenniferChatelle@yahoo.com

Lori Churchill, LICSW

1 Main St., Hubbardston
978-928-1164
www.WellnessHub1Main.com
www.wellnessthroughtherapy.com

***Lynn M. Cormier-Sayarath, MSW, LICSW**

418 Patriots Rd., Suite A, Templeton
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Michael Cummings, MA, LMHC

Listening Wellness Center
35 South St., Barre
978-541-1613
www.ListeningWellness.org
Michael@mapsychotherapy.sprucecare.com

Julianna Early, MA, CAGS

Early Awakenings
Worcester, 508-812-9007
Specializes in transgender and gay issues.

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Debbie@DebbieEnnis.com

Carolyn Erskine

1 Main St., Hubbardston
508-641-2716
Carolyn@caroreiki.com
Reiki and crystal healing, plus more

Laura Fasano, MA, LMHC

Listening Wellness Center
35 South St., Barre
978-808-6012

Deb Folsom, LICSW

47 Stafford St., Worcester
774-244-4144

***Lisa Freden, LMHC**

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Elizabeth Gambaccini, MA, LMHC

101 Mechanic St., Gardner
774-722-5300
estanley.counseling@gmail.com

Adesholla Gionet, MSW, LICSW

418 Patriots Rd., Suite A, Templeton
978-310-1995
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Specializes in couples counseling

Christine Hassett, LMHC
Serenity Coaching and Counseling
51 Union St., Suite G02, Worcester
774-482-6171

***Cynthia Horan, LICSW**
45 Sterling St., Suite 23, West Boylston
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www.cynthiahoranlicsw.com
Couples Counseling, plus more

Alexia Johnstone, LMHC
*Mental Health Counselor and
Expressive Arts Therapist*
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Kelly Knower, MSW, LICSW, CPT, CSW
*Certified Wellness Coach
Level II Reiki practitioner*
1 Main St., Hubbardston
978-660-9590
kwade13.kw@gmail.com

***Mind Over Matter**
Jill Masure, LICSW
Gardner
978-632-6650

Maureen McGarry
Telehealth
774-364-5661

**Vanessa Martino-Fleming, LMHC, MAC,
CCHP**
East Coast Counseling, LLC
195 Main Street Suite 2A
Franklin, 508-500-9152
*Specializes in trauma, relationship and
transgender issues.*

Tricia McLeod, MA, LMHC
131 West Main St., Ste. 225, Orange
978-790-8999
*Specializes in gender identity, substance
abuse & relationship issues, among others.*

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508-287-3415

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Pastoral Counseling Centers of MA
Worcester, Westborough, Hudson
www.PCCofMA.org

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23 Village Inn Road, Suite F, Westminster
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Stacey Sparks, CAGS, LMHC
101 Mechanic St., Gardner
508-963-9526
www.sparkscounseling.com

Jody Tata, LMHC
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Jayme M. Valdez, LMHC

469 Chandler Street, Worcester

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Specialty: OCD

jaymevaldezmhc@yahoo.com

www.oed-therapy.com

***West Brookfield Counseling Center**

Norman Tonelli, LMHC, Owner/Director

62 Ware St., West Brookfield

508-867-4451 Ext 1

www.westbrookfieldcounseling.com

***Melissa D. Weise, LICSW**

Mary-Alice Austin, LICSW

Joan Maselli, LMHC (Art Therapist)

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*Accepts certain Medicaid/Mass Health insurances
(Others may accept Medicaid; you have to call.)

Many of the above therapist's profiles can be viewed
on www.PsychologyToday.com