

## 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](http://www.Learn2Cope.org)

### **Asperger/Autism Network**

[www.aane.org](http://www.aane.org)

### **Divorce Mediation**

[www.MediationAdvantage.com](http://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

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Site: Listening Wellness Center  
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[Debbie@DebbieEnnis.com](mailto: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**

603-762-5356

aubuchonsarah@gmail.com

**Burnout to Bliss**

**Lisa Holloway, MS, CRC**

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*Holistic Health Coach*

978-257-8180

www.BurnOutToBlissHealthCoaching.com

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**Jillian Bushay, LMHC**

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**\*Sonya Brock, LICSW**

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**\*BHN Valley Human Services**

96 South Street, Ware

413-246-9675

www.bhninc.org

*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

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JenniferChatelle@yahoo.com

**Lori Churchill, LICSW**

1 Main St., Hubbardston

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www.WellnessHub1Main.com

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**Joy Cook, LICSW**

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413-668-8535

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**\*Lynn M. Cormier-Sayarath, MSW, LISCW**

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**Michael Cummings, MA, LMHC**

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**Carolyn Erskine**

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Carolyn@caroreiki.com

*Reiki and crystal healing, plus more*

**Laura Fasano, MA, LMHC**

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**Deb Folsom, LICSW**

47 Stafford St., Worcester

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**Elizabeth Gambaccini, MA, LMHC**

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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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*Couples Counseling, plus more*

**Alexia Johnstone, LMHC**

*Mental Health Counselor and  
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489 Washington St., Suite 204, Auburn  
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**Kelly Knower, MSW, LICSW, CPT, CSW**

*Certified Wellness Coach  
Level II Reiki practitioner*  
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**Maureen McGarry**

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774-364-5661

**Tricia McLeod, MA, LMHC**

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

**\*Randi Marcinkiewicz, LMHC**

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**Pastoral Counseling Centers of MA**

Worcester, Westborough, Hudson  
www.PCCofMA.org

**Kellie Perkins, LMHC**

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**Carrie Powers, LICSW**

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**Joyce Shapiro Ellowitz, LICSW**

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**Stacey Sparks, CAGS, LMHC**

101 Mechanic St., Gardner  
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www.sparkscounseling.com  
*Specializes in adolescents, as well as  
substance abuse*

**Jody Tata, LMHC**

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**Jayme M. Valdez, LMHC**

Clearview OCD Counseling  
469 Chandler Street, Worcester  
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**\*West Brookfield Counseling Center**

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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](http://www.PsychologyToday.com)