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BEHAVIORAL HEALTH REFERRAL LIST BY LOCATION

GILBERT

Ave Maria Counseling Services
Claudia Lopez
1206 E. Warner Rd. Suite 220 Gilbert, AZ 85296
(480) 572-6393
claudialopezcounseling@gmail.com
www.avemariacounselingservices.com
Areas of service: Adults, Teens (12+), Depression, Anxiety, Trauma, Sand Tray Therapy
Se habla espanol
Catholic

Fleur de Lis Counseling
Diana Hernandez
1206 E. Warner Rd. Suite 220 Gilbert, AZ 85296
(480) 710-6822
diana@fdlcounseling.com
www.fdlcounseling.com
Areas of service: Teens, Adults, EMDR (trauma, PTSD), addiction, and struggles with sexual identity. Teens – identity concerns, self-esteem. General population – Anxiety, Depression, Domestic Violence, other forms of trauma
Catholic

St. Joseph Counseling
David Edwards
1206 E. Warner Rd. Suite 220 Gilbert, AZ 85296
(480) 466-0756
www.stjosephcounseling.com
Areas of service: Men’s Issues, Priests Catholic

St. Cupertino Counseling
Ingrid Mota de Alcantara
1206 E. Warner Rd. Suite 220 Gilbert, AZ 85296
(480) 561-7920
Ingrid@stcupertinocounseling.com
Stcupertinocounseling.com
Areas of service: 16+
Depression, Anxiety, Life transitions, PTSD, Post-abortion healing, Trauma.
Espanol, Portuguese
Catholic
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BEHAVIORAL HEALTH REFERRAL LIST BY LOCATION

GLENDALE

Santa Cruz Counseling
Jane Santa Cruz (M.A) and Jim Santa Cruz (MC, LPC)
4407 W. Desert Cove, Glendale, AZ 85304
(602) 843-4003
jim@stacruzcounseling.com
www.santacruzcounseling.com
Areas of service: Adolescent, Adult, Marriage
Se habla español
Catholic

GOODYEAR

Journey to Peace Counseling Service
Dcn. Thomas Henrich, Ph.D
1819 S. Dobson Rd. Suite 115 Mesa, ASZ 85202 (and Goodyear location)
(480) 787-1955
tomg@journeytopeacecounselingservices.com
www.journeytopeacecounselingservices.com
Areas of service: Adults and children ages 8 and up, DBT, EMDR, CBT, Trauma, PTSD, individual, couples, and family therapy and have worked with people who experience an array of behavioral and mental health issues including ADHD, anxiety, mood disorders, trauma, personality disorders, self-harm, grief, and relational issues.
Accepts most major Insurances
Catholic

Journey to Peace Counseling Service
Sonia Cano
250 N. Litchfield Road Goodyear, AZ 85338
(623) 439-2177
soniac@journeytopeacecounselingservices.com
journeytopeacecounselingservices.com
Areas of service: Adults and children ages 8 and up, DBT, EMDR, CBT, Trauma, PTSD, individual, couples, and family therapy and have worked with people who experience an array of behavioral and mental health issues including ADHD, anxiety, mood disorders, trauma, personality disorders, self-harm, grief, and relational issues.
Accepts most major Insurances
Catholic

Terry Galler, MA, LPC
(602) 909-0042
terry@terrygaller.com
www.terrygaller.com
Areas of service: Adults, Adolescents (16+), Individuals, Couple and Family therapy
Depression, Anxiety, Marriage, Trauma, Past abuse issues, Divorce Recovery, Grief Counseling
Accepts: BCBS, Aetna
Catholic
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BEHAVIORAL HEALTH REFERRAL LIST BY LOCATION

**LITCHFIELD PARK**

**Christian Counseling Services**  
**Joseph, Ferral Jr**  
501 E. Plaza Circle Drive Suite #10 Litchfield Park, AZ 85340  
(602) 691-4097  
joeph@christiancounselingservicesaz.com  
https://christiancounselingservicesaz.com  
Areas of service: Children 6+ and Adults, Addiction, Anger Management, Behavioral Issues, Codependency, Depression, Divorce, Emotional Disturbance, Family Conflict, Grief, Life Coaching, Life Transitions, Men's Issues, OCD, Racial Identity, Relationship Issues, School Issues, Self Esteem, Spirituality, Stress, Trauma and PTSD.  
EMDR, DBT, CBT, and Mindfulness.  
*Catholic*

**MESA**

**Catholic Charities**  
**Holy Cross Parish**  
Sarah Camacho  
(602) 749-4405  
scamacho@cc-az.org  
CatholicCharitiesAZ.org  
Areas of Service: Counseling for Individuals, families, couples, children (5+) and adolescents.  
Abuse: Emotional, physical, sexual and verbal, Anger management, Anxiety/Depression, Divorce/Marriage, Grief and loss, Parenting, Stress management, Substance Abuse  
Accepts: AHCCCS  
*Se habla español*

**SureStep Psychology Services**  
**Lopez PhD, Ignacio**  
**Guille Morales**  
1220 S. Alma School Rd. Ste. 210 Mesa, AZ 85210  
(480) 246-8998  
ignaciolopez@gmail.com  
www.suresteponline.org  
Areas of service: Children, Adults, Family, Parenting, Domestic violence offender treatment  
*Se habla español*

*Catholic*
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BEHAVIORAL HEALTH REFERRAL LIST BY LOCATION

Journey to Peace Counseling Services
Meghan Gascoigne, LMSW
1819 S. Dobson Rd. Suite 115 Mesa, ASZ 85202
(480) 787-1955
meghang@journeytopeacecounselingservices.com
www.journeytopeacecounselingservices.com
Adults, Depression, Anxiety, OCD, Adolescents, Teenage Art Group Therapy, Life Transitions, Spiritual issues
Accepts: BCBS, Catholic

Journey to Peace Counseling Services
Dcn. Thomas Henrich, Ph.D
1819 S. Dobson Rd. Suite 115 Mesa, ASZ 85202 (and Goodyear location)
(480) 787-1955
tomg@journeytopeacecounselingservices.com
www.journeytopeacecounselingservices.com
Adults, Couples, Families, Depression, Anxiety, Trauma, Men’s Issues, Spiritual issues
Accepts: BCBS, Catholic

Journey to Peace Counseling Services
Stephanie Kelly
1819 S. Dobson Rd. Suite 115 Mesa, ASZ 85202
(480) 787-1955 Ext: 5
stephaniek@journeytopeacecounselingservices.com
www.journeytopeacecounselingservices.com
Adults, Adolescents, Couples, depression, Anxiety, life transitions, Addictions.
Accepts: BCBS Catholic

Journey to Peace Counseling Services
Donna Schmidt
1819 S. Dobson Rd. Suite 115 Mesa, ASZ 85202
(480) 787-1955
donnas@journeytopeacecounselingservices.com
www.journeytopeacecounselingservices.com
Adults, Addiction, Mood Disorders, Anger Management, Co-occurring Disorders, Trauma issues, Spiritual issues
Accepts: BCBS Catholic

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January 2021
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BEHAVIORAL HEALTH REFERRAL LIST BY LOCATION

PARADISE VALLEY

Nate Verschaetse, Psy.D
1819 S. Dobson Rd. Suite 115 Mesa, ASZ 85202
(480) 428-4550
(480) 787-1955
Nate Verschaetse, Psy.D.
nathanv@journeytopeacecounselingservices.com
www.journeytopeacecounselingservices.com
Children, Adults, Couples, Trauma, OCD, ADHD, Questions of Spiritual Affliction, EFT for couples, Child-Centered Play Therapy
Accepts: BCBS
Catholic

PHOENIX

Tikvah Counseling, PLLC
Castellanos, Pamela
(480) 447-6474
Tikvahcounselor@gmail.com
www.tikvahcounseling.online
Areas of service: Adults, Trauma
Catholic

Marianne Dunaway
(602) 810-1369
arizonatherapy@gmail.com
Areas of service: Children, Adults, Marriage and Family Therapy, Autism, Chemical dependency, Divorce
Catholic

Catholic Charities
Sarah Camacho
(602) 749-4405
scamacho@cc-az.org
CatholicCharitiesAZ.org
Areas of Service: Counseling for Individuals, families, couples, children (5+) and adolescents. Abuse: Emotional, physical, sexual and verbal, Anger management, Anxiety/ Depression, Divorce/Marriage, Grief and loss, Parenting, Stress management, Substance Abuse
Accepts: AHCCCS
Se habla español

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BEHAVIORAL HEALTH REFERRAL LIST BY LOCATION

Coral Valley Psychological Services, PLLC
Tavares, Lauren PSY.D
4425 E. Agave Road, Suite 106 Phoenix, AZ 85044
(480) 382-4416
dr.taveras@coralvalley.health
https://coralvalley.health
Areas of Service: Adolescents, Adults, Couples, PTSD, depression, anxiety, insomnia, anger management, relationship challenges; Psychological testing including immigration-related evaluations (extreme hardship, VAWA petitions, U-Visas, etc), and psychoeducational assessments (giftedness & learning differences)
Accepts: BCBS AZ, Aetna, United Health Care
Se habla español
Catholic

Lisa Fischer PhD
7111 N. 7th St Phoenix, AZ
(602) 448-9755 (TEXT ONLY)
lisafischer@cox.net
www.drlisafischer.com
Areas of service: Older adolescents, Adults, anxiety, depression, and relationship problems, including sexual dysfunctions.
Catholic

Dymphna Counseling
Donna Turner
4425 E. Agave Rd. Suite 140 Phoenix, AZ 85044
(602) 908-4988
dymphnakounseling@gmail.com
Areas of service: Adults, Trauma, Addictions, Sexual Addictions, Marriage
Accepts: Tricare, BCBS, Aetna, United Behavioral Health
Catholic

Michael Hutt
11022 S. 51st St. # 102 Phoenix, AZ 8504
(480) 815-4351
info@huttcounseling.com
www.huttcounseling.com
Areas of service: Adults, Couples, Domestic violence, general men’s issues (anger, porn, etc)
Catholic
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BEHAVIORAL HEALTH REFERRAL LIST BY LOCATION

**Rebecca Kasper PhD**  
7111 N. 7th St Phoenix, AZ  
(602) 630-2639  
rebeccaannkasper@gmail.com  
www.drrebeccakasperpllc.com  
Areas of service: Children (5+), Adult, Individual, (Occasionally family therapy), Creative arts Therapies, Trauma, and Health Psychology  
Accepts: BCBS, Cigna, Aetna, Catholic

**Navarro Counseling and Consulting**  
**Dr. Maria Navarro**  
301 E. Bethany Home Rd C296 Phoenix, AZ 85012  
(602) 370-5125  
Navarro.aria@gmail.com  
Areas of Service: Children, Adults, Trauma (sexual, physical, verbal) Attachment, Grief Recovery, EMDR, IFS, Story pla, Accepts: Cigna, AETNA  
Se habla español  
Catholic

**Little Flower Ministries**  
**PLLC Westby (LPC), Nikki**  
2312 E Campbell Ave, Phoenix, AZ 85016  
(602) 954-9089 ext. 1114  
zestywestby@yahoo.com  
Areas of service: Adult, Couples, Anxiety, Depression, Relationship Issues, Domestic Violence, Post Abortion Healing  
Catholic

**Phoenix Psychological Services**  
**Dr. Rosemarie Ludwig**  
2432 W Peoria Ave, Ste 1002 Building# 3 Phoenix, AZ 85071  
(602) 997-1550  
rstussy@cox.net  
Areas of service: Adult, Children (6+), Family, Marriage, Sexually abused children  
Accepts: Cigna, Aetna, BCBS AZ, United Healthcare  
Other Languages: German  
Byzantine Catholic
BEHAVIORAL HEALTH REFERRAL LIST BY LOCATION

**Totus Tuus Therapy Clinic**  
*Michelle Lorenzana*  
2942 N. 24th St. Suite #209 Phoenix, AZ 85016  
(602) 464-3289  
mlorenzana@totustuustherapyclinic.com  
www.totustuustherapyclinic.com  
Areas of service: Adults, Marriage and Family, Communication concerns, Relational Conflict, Premarital Preparation, Anxiety, Depression and Grief/Loss  
*Catholic*

**Witness to Love Family Counseling**  
*Samuel P. Bryant*  
2942 N. 24th Street Suite 108 Phoenix, AZ 85016  
(602) 980-1557  
info@witnesstolovefcs.com  
www.witnesstolovefcs.com  
Areas of service: Marriage, Couples and Family Therapy, Affairs and Trauma, Men's Issues, Workplace Relationships, Parenting, Spirituality and Faith Crisis', Teen Issues, Senior Issues, Life Transitions.  
*Catholic*

**Catholic Charities**  
*Our Lady Of Perpetual Help Parish*  
Sarah Camacho  
(602) 749-4405  
scamacho@cc-az.org  
CatholicCharitiesAZ.org  
Areas of Service: Counseling for Individuals, families, couples, children (5+) and adolescents.  
Abuse: Emotional, physical, sexual and verbal, Anger management, Anxiety/ Depression, Divorce/Marriage, Grief and loss, Parenting, Stress management, Substance Abuse  
Accepts: AHCCCS  
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BEHAVIORAL HEALTH REFERRAL LIST BY LOCATION

**Catholic Charities**  
**St. Patrick’s Parish**  
Sarah Camacho  
(602) 749-4405  
scamacho@cc-az.org  
CatholicCharitiesAZ.org  
Areas of Service: Counseling for Individuals, families, couples, children (5+) and adolescents.  
Abuse: Emotional, physical, sexual and verbal,  
Anger management, Anxiety/Depression, Divorce/Marriage, Grief and loss, Parenting, Stress management, Substance Abuse  
Accepts: AHCCCS  
Se habla español

**Marianne Dunaway**  
6615 N Scottsdale Rd, Ste 110, Scottsdale, AZ 85253  
(602) 810-1369  
arizonatherapy@aol.com  
Areas of service: Adult, Children, Family, Marriage  
Catholic

**Dr. Gabrielle Lawrence**  
5040 E Shea Blvd, Ste 268, Scottsdale, AZ 85254  
(480) 607-5030  
www.health4relationships.com  
Areas of service: Adult, Children, DBT, Grief  
Catholic

**Vigil (MA, LPC, RPT), Diana**  
7500 E McDonald Drive, Ste 400A, Scottsdale AZ 85250  
(480) 946-0801  
www.moranvigil.com  
www.childtherapyaz.com  
Areas of service: Adult, Children, Child Maltreatment, Sexual Abuse, Sexual Behavioral problems, Divorcing Families, Parental Alienation  
Catholic

**Catholic Charities**  
**Holy Spirit Parish**  
Sarah Camacho  
(602) 749-4405  
scamacho@cc-az.org  
CatholicCharitiesAZ.org  
Areas of Service: Counseling for Individuals, families, couples, children (5+) and adolescents.  
Abuse: Emotional, physical, sexual and verbal,  
Anger management, Anxiety/Depression, Divorce/Marriage, Grief and loss, Parenting, Stress management, Substance Abuse  
Accepts: AHCCCS  
Se habla español

**TEMPE**

**Catholic Charities**  
**Holy Spirit Parish**  
Sarah Camacho  
(602) 749-4405  
scamacho@cc-az.org  
CatholicCharitiesAZ.org  
Areas of Service: Counseling for Individuals, families, couples, children (5+) and adolescents.  
Abuse: Emotional, physical, sexual and verbal,  
Anger management, Anxiety/Depression, Divorce/Marriage, Grief and loss, Parenting, Stress management, Substance Abuse  
Accepts: AHCCCS  
Se habla español

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BEHAVIORAL HEALTH REFERRAL LIST BY LOCATION

**Journeys**  
**McShane, Christina PsyD**  
6515 S. Rural Rd Suite 101 Tempe, AZ 85283  
(480) 656-0500 Ext. 18  
christina.mcshane.journeys@gmail.com  
www.journeyscounselingaz.com  
Areas of service: Adolescent, Adult, Child,  
*Catholic*

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**WICKENBURG**

**Breaking Free Christian Counseling**  
**Kari Froelicher**  
315 Apache Street Wickenburg, AZ 85390  
(928) 232-9280  
Kari@godlycounseling.com  
www.godlycounseling.com  
Areas of service: Adults, Teens, Marriage, Family, PTSD, sexual abuse (and other types of abuse), Trauma, Anxiety and Depression, Codependency, SSA, Schizophrenia and Psychotic disorders, Eating Eating disorders, HSP  
*Catholic*
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BEHAVIORAL HEALTH REFERRAL LIST BY LOCATION

OTHER RESOURCES

My Catholic Doctor
www.mycatholicdoctor.com
My Catholic Doctor is a nationwide medical practice that brings a team of faithful medical professionals to patients through video-based health consultation on almost any smartphone, computer or tablet. We can initiate your medical care virtually, order any necessary labs, and send prescriptions to any pharmacy of your choice. Most of the time we can take care of all your needs through convenient, affordable virtual care. If in-person care is necessary, our providers will invite you to be seen in their office or refer you to a local provider they trust and recommend. We
BEHAVIORAL HEALTH REFERRAL LIST BY LOCATION

practice evidence-based scientific medicine from a Catholic perspective and integrate Catholic spirituality into our care as appropriate to the situation.
Areas of Service: Urgent Care, Chronic Conditions, Mental Health, Medical Advice, Family Planning, Women’s Health, Vaccine and Medication Consultation, Labs and Screenings, Weight Management, End-of-Life Care and Hospice, Miscarriage and Infant Loss Support, Speech Therapy
Catholic
Se habla Español

Emmaus Ministry for Grieving parents
The mission of The Emmaus Ministry for Grieving Parents is to, in the Catholic Franciscan tradition of “All are Welcome,” serve the spiritual needs of grieving parents whose children, of any age, have died by any cause. It is also to help interested parents, as well as Clergy, Religious, Diocesan Staff, and/or Spiritual Directors bring this ministry to their own parishes or regions.
Marianne Gouveia
(602) 594-8932
https://www.emfgp.org/
(800) 919-9332
info@emfgp.org

Grief to Grace
Restore dignity is licensed by Grief to Grace and the Living Scripture Institute to provide Grief to Grace healing retreats in English and Spanish for anyone who has suffered abuse, neglect, or traumatic events.
(480) 215-6762
Phoenix@grieftograce.org
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BEHAVIORAL HEALTH REFERRAL LIST BY LOCATION

https://www.restoredignity.org/grief-to-grace-retreat/