



# THE ROMAN CATHOLIC DIOCESE OF PHOENIX

## Mental Health Resources

*This list is provided for informational purposes only, to assist individuals in independently making personal decisions based upon their needs. The Diocese of Phoenix does not license, endorse, or recommend any particular provider, nor does the Diocese make any judgment about the quality of care given by any provider. Individuals should interview a provider, check his/her references carefully and perform all necessary due diligence before seeking care from any provider.*

### TELEHEALTH SESSIONS

#### **Amy Guido, LCSW**

(602) 743-5299

[Amyguido.com](http://Amyguido.com)

[amyguidomsw@gmail.com](mailto:amyguidomsw@gmail.com)

**Areas of service:** Couples Counselor & Parenting Coach, Specializing in high functioning ADHD and Anxiety

#### **Heidi Hill LPC**

(480) 925-9743

[WhiteStagWellness@gmail.com](mailto:WhiteStagWellness@gmail.com)

[WhiteStagWellness.com](http://WhiteStagWellness.com)

**Areas of service:** Specialty in trauma healing, general mental health, women's issues, faith and spirituality.

*Catholic*

### Christian Living Center

#### **Stadheim (Ph.D. LPC), Robert L.**

Zoom sessions only

(480) 831-1212

[myrna@stadheim.org](mailto:myrna@stadheim.org)

<https://www.christiancounselingarizona.com>

**Areas of Service:** Abuse, Addiction, Eating Disorders, Family & Individual Therapy

#### **Kelly A. Maurer MSN, FNP, PMHNP-BC**

Psychiatric Mental Health Family Nurse Practitioner

Sacred Hearts Psychiatry & Addiction Medicine

8700 E. Vista Bonita Dr. Ste. 236

Scottsdale, Az. 85255

(480) 392-1729

[Kellipmhn@SacredHeartsPsychiatry.com](mailto:Kellipmhn@SacredHeartsPsychiatry.com)

[www.SacredHeartsPsychiatry.com](http://www.SacredHeartsPsychiatry.com)

**Areas of service:** Prescriber, Full Psychiatric & Substance Use Evaluations (Full panels of lab work to rule out medical causes) - Diagnosis, Med Prescribing & Management, some areas of treatment include Depression, Anxiety, Bipolar, OCD, Opioid Use Disorder, Alcohol Use Disorder, offering Medication assisted treatment (Suboxone, Naltrexone, Vivitrol). and Talk therapy, Faith based. Seeing patients 13years of age through 64 years.

#### **Raul Espericueta**

Bilingual Español/English,

(602) 292-1633

[Pathwaystoconnection.com](http://Pathwaystoconnection.com)

**Areas of Service:** Certified Trauma Specialist, Addictions, Anxiety/Depression, Marital Counseling, Priest Accompaniment, Men Issues, EMDR  
Certification in process

*Catholic*

**CITY OF CAMP VERDE**

**Spectrum Healthcare**

452 Finnie Flat Rd  
Camp Verde, AZ 86322  
(877) 634-7333

Hearing impaired (800) 367-8939

[info@spectrumhealthcare-group.org](mailto:info@spectrumhealthcare-group.org)  
<http://spectrumhealthcare-group.com/>

**Areas of Service:** Children, Adults, Family, Individuals, Substance Abuse, Trauma, Depression, PTSD

*Se habla español*

**CITY OF CHANDLER**

**Concentric Counseling**

**Crowell, Michelle (LCSW)**

3200 N Dobson Rd. Bldg. C,  
Chandler, AZ 85224  
(480) 897-7307

[www.concentriccounseling.com](http://www.concentriccounseling.com)

**Areas of service:** Adult, Marriage, Family, Eating disorders, Trauma, PTSD

**Michael Hutt**

6909 W. Ray Road Suite 15  
Chandler, AZ 85226  
(480) 815-4351

[info@huttcounseling.com](mailto:info@huttcounseling.com)  
[www.huttcounseling.com](http://www.huttcounseling.com)

**Areas of service:** Adults, Couples, Domestic violence, general men's issues (anger, porn, etc)  
*Catholic*

**Totus Tuus Therapy Clinic**

**Michelle Lorenzana**

(602) 464-3289

[mlorenzana@totustuustherapyclinic.com](mailto:mlorenzana@totustuustherapyclinic.com)  
[www.totustuustherapyclinic.com](http://www.totustuustherapyclinic.com)

**Areas of Service:** Adults, Marriage and Family, Communication concerns, Relational Conflict, Premarital Preparation, Anxiety, Depression and Grief/Loss

*Catholic*

**CITY OF COTTONWOOD**

**Spectrum Healthcare**

8E Cottonwood St.  
Cottonwood, AZ 86326  
(877) 634-7333

Hearing impaired (800) 367-8939

[info@spectrumhealthcare-group.org](mailto:info@spectrumhealthcare-group.org)  
<http://spectrumhealthcare-group.com>

**Areas of Service:** Children, Adults, Family, Individuals, Substance Abuse, Trauma, Depression, PTSD

*Se habla español*

**Spectrum Healthcare**

651 W. Mingus Ave.  
Cottonwood, AZ 86326  
(877) 634-7333

Hearing impaired (800) 367-8939

[info@spectrumhealthcare-group.org](mailto:info@spectrumhealthcare-group.org)  
<http://spectrumhealthcare-group.com>

**Areas of Service:** Children, Adults, Family, Individuals, Substance Abuse, Trauma, Depression, PTSD

*Se habla español*

**CITY OF GILBERT**

**Fleur de Lis Counseling**

**Diana Hernandez**

1206 E. Warner Rd. Suite 220  
Gilbert, AZ 85296  
(480) 710-6822

[diana@fdlcounseling.com](mailto:diana@fdlcounseling.com), [www.fdlcounseling.com](http://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*

**Immaculate Heart Counseling**

**Robbie Griffin**

1176 E. Warner Rd. Suite 203  
Gilbert, AZ 85296  
(480) 270-4464

[Robbie.griffin@immaculateheartcounseling.com](mailto:Robbie.griffin@immaculateheartcounseling.com)  
[www.immaculateheartcounseling.com](http://www.immaculateheartcounseling.com)

**Areas of Service:** Adults, Adolescents, Children (6+), Trauma, depression, anxiety, sexual and behavioral addictions for adults, adolescents and children.

*Catholic*

**Restored Counseling & Wellness Center**

**Michael Keenan. S LAMFT**

633 E. Ray Rd. Suite 131  
Gilbert, AZ 85296

o: (480) 256-2999 c: (602) 888-6243

f: (480) 520-4050

[restoredcw.com](http://restoredcw.com)

**Areas of Service:** Couples, Families, Adolescents, Young Adults, Adults Male and Female, Marital and Premarital Relationship, Conflict, Family Conflict, Anxiety, Trauma Healing

### **Rising Light Counseling**

**Bethsy Amador**

1166 E. Warner Rd

Gilbert, AZ 85296

(480) 339-7124

[info@risinglightcounseling.com](mailto:info@risinglightcounseling.com)

[www.risinglightcounseling.com](http://www.risinglightcounseling.com)

**Areas of Service:** 3 years and older  
Autism (ASD), ADHD, Anxiety, Depression,  
Relationships, Trauma, Grief and Loss  
*Se habla español*

### **Saint Raphael Counseling**

**Michelle Goodwill**

1176 E. Warner Rd Suite 203

Gilbert, AZ 85296

(623) 866-7602

[michellergoodwill@gmail.com](mailto:michellergoodwill@gmail.com)

[www.saintraphaelcounseling.com](http://www.saintraphaelcounseling.com)

**Areas of Service:** Late teens, Adults, Emotionally focused Couples therapy, EMDR Therapy, Depression, Anxiety, Trauma  
*Catholic*

### **St. Cupertino Counseling**

**Ingrid Mota de Alcantara**

1176 E. Warner Rd. Suite 203

Gilbert, AZ 85296

(480) 561-7920

[Ingrid@stcupertinocounseling.com](mailto:Ingrid@stcupertinocounseling.com)

[www.stcupertinocounseling.com](http://www.stcupertinocounseling.com)

**Areas of Service:** 16+, Depression, Anxiety, Life transitions, PTSD, Post-abortion healing, Trauma  
*Español & Portugues*  
*Catholic*

### **St. Joseph Counseling**

**David Edwards**

1176 E. Warner Rd. Suite 203

Gilbert, AZ 85296

(480) 466-0756

[David@stjosephcounseling.com](mailto:David@stjosephcounseling.com)

[www.stjosephcounseling.com](http://www.stjosephcounseling.com)

**Areas of Service:** Adolescents, Adults, Men's Issues,

Priests, treatment for pornography addictions

*Catholic*

### **CITY OF GLENDALE**

#### **Spectrum Healthcare**

4494 W. Peoria Ave Suite 115A

Glendale, AZ 85302

(877) 634-7333

Hearing impaired (800) 367-8939

[info@spectrumhealthcare-group.org](mailto:info@spectrumhealthcare-group.org)

<http://spectrumhealthcare-group.com>

**Areas of Service:** Children, Adults, Family, Individuals, Substance Abuse, Trauma, Depression, PTSD *Se habla español*

### **CITY OF GOODYEAR**

#### **Imagine Therapy**

250 N. Litchfield Road Suite 260

Goodyear, AZ 85338

(623) 337-2275

[admin@imaginetherapyaz.com](mailto:admin@imaginetherapyaz.com)

### **Journey to Peace Counseling Service**

**Sonia Cano** (*Español*)

250 N. Litchfield Road

Goodyear, AZ 85338

(623) 439-2177

[soniac@jtpcs.com](mailto:soniac@jtpcs.com)

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

**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.

*Catholic*

### **Tania Rojo, MAPC, LAC**

(602) 834-1800

501 East Plaza Circle Suite#10

Litchfield Park, AZ 85340

[tania@christiancounselingservicesaz.com](mailto:tania@christiancounselingservicesaz.com)

**Areas of Service:** EMDR, trauma informed care, IFS. Anxiety, Codependency, Depression, Divorce, Emotional Disturbance, Family Conflict, First

Responders, Grief, Infidelity, Marital distress,  
Pregnancy, Prenatal, Postpartum, Relationship Issues,  
Sexual Abuse, Spirituality, Stress, Suicidal Ideation,  
Trauma PTSD, Women's Issues.  
Hablo Español.

### **CITY OF LAKE HAVASU**

#### **Harborlight Family Therapy**

**Fielder (M.A), Christine**

1951 Mesquite Ave, Ste J,  
Lake Havasu City, AZ 86403  
(928) 453-1328

[Harborlight@frontiernet.net](mailto:Harborlight@frontiernet.net); [cfielder@frontiernet.net](mailto:cfielder@frontiernet.net)  
[www.harborlightfamilytherapy.com](http://www.harborlightfamilytherapy.com)

**Areas of Service:** Children (5+), Adult, Family,  
Marriage, Substance Abuse  
*Other Language: German*

### **CITY OF MESA**

#### **Catholic Charities**

**Holy Cross Parish**

[counseling@cc-az.org](mailto:counseling@cc-az.org)  
[CatholicCharitiesAZ.org](http://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  
*Se habla español*

#### **Journey to Peace Counseling Services**

1819 S. Dobson Road Suite 115  
Mesa, AZ 85202  
(480)535-6930  
[www.jtpcs.org](http://www.jtpcs.org)

**Cindy Bird**

(480) 535-6930  
[cindy@jtpcs.org](mailto:cindy@jtpcs.org)

**Areas of Service:** Couples, families, adults,  
adolescents (especially girls), trauma, anxiety,  
depression and parenting support. EFT, EMDR and  
CBT trained. *Catholic*

**Donna Schmidt**

(480) 787-1955

[donna@jtpcs.org](mailto:donna@jtpcs.org)

**Areas of Service:** Adults, Addiction, Mood  
Disorders, Anger Management, Co-occurring  
Disorders, Trauma issues, Spiritual issues  
*Catholic*

**Emily Speck**

(480) 787-1955  
[emily@jtpcs.org](mailto:emily@jtpcs.org)

**Areas of Service:** Postpartum Support, Perinatal  
Mood Disorders  
*Catholic*

**Nate Verschaetse, Psy.D**

(480) 428-4550  
[nate@jtpcs.org](mailto:nate@jtpcs.org)

**Areas of Service:** Children, Adults, Couples,  
Trauma, OCD, ADHD, Questions of Spiritual  
Affliction, EFT for couples, Child-Centered Play  
Therapy  
*Catholic*

**Romano Cedillos, MS, LAC**

(480) 787-1955  
[romano@jtpcs.org](mailto:romano@jtpcs.org)

**Areas of Service:** Adults, CBT, SFBT, ACT,  
Pornography, and sexual addiction  
*Catholic*

#### **Joyful Hearts Counseling**

**Leslie Pechkurow**

2345 S. Alma School Rd Suite #110  
Mesa, AZ 85210  
(480) 420-8426  
[leslie@joyfulheartscounseling.com](mailto:leslie@joyfulheartscounseling.com)  
[www.joyfulheartscounseling.com](http://www.joyfulheartscounseling.com)

**Areas of Service:** adults, children, and families-  
trauma, depression, anxiety, shame, life transitions,  
grief and loss, parenting, women issues (pregnancy,  
postpartum stress, motherhood), Play Therapy,  
Somatic Experiencing techniques, mindfulness,  
family systems, CBT  
*Catholic*

**Judith Rand (PhD)**

1845 S Dobson Rd, Ste 106,  
Mesa, AZ 85202  
(480) 466-7010

[Jrandphd@gmail.com](mailto:Jrandphd@gmail.com)  
[www.judithrandphd.com](http://www.judithrandphd.com)

**Areas of Service:** Adult, Children, Family, Marriage,  
Geriatric Psychological services, Individual, Couples

### **SureStep Psychology Services**

**Ignacio Lopez PhD,  
Guille Morales**

1220 S. Alma School Rd. Ste. 210  
Mesa, AZ 85210  
(480) 246-8998

[ignaciolopez@gmail.com](mailto:ignaciolopez@gmail.com)  
[www.suresteponline.org](http://www.suresteponline.org)

**Areas of Service:** Children, Adults, Family,  
Parenting, Domestic violence offender treatment  
*Se habla español, Catholic*

### **Teri Krull (LCSW, LLC)**

Registered Play Therapist  
2345 S Alma School Rd, Ste 110,  
Mesa, AZ 85210  
(480) 917-7792

[terikrull@playtherapy.tv](mailto:terikrull@playtherapy.tv)  
[www.playtherapy.tv](http://www.playtherapy.tv)

**Areas of Service:** Adult, Children (8+), Family,  
Marriage, Parent Coaching

### **Tikvah Counseling, PLLC**

**Pamela Castellanos**  
(480) 447-6474

[Tikvahcounselor@gmail.com](mailto:Tikvahcounselor@gmail.com)

**Areas of Service:** Adults, Trauma  
*Catholic*

### **Valor Counseling**

**Sheana Kupitz**

Mesa, AZ  
(520) 518-3498

[sheana.valorcounselingaz@gmail.com](mailto:sheana.valorcounselingaz@gmail.com)  
[www.valorcounselingaz.com](http://www.valorcounselingaz.com)

**Areas of Service:** Children 3+, adolescents and  
adults, Individuals, families, couples, relationship,  
marriage, parenting, abuse, trauma, adoption issues  
*Catholic*

### **CITY OF PEORIA**

### **Prism Counseling & Coaching**

9299 W Olive, Ste. 212,  
Peoria, AZ 85345  
(480) 525-7284

[www.prism-counseling.com](http://www.prism-counseling.com)

**Areas of Service:** Parenting, Children (10+) Teens,  
Anxiety, Anger, Grief, Self-Esteem, Trauma,  
Relationships, Premarital, Sexual Addiction,  
Wellness, Faith

### **CITY OF PHOENIX**

#### **Catholic Charities**

(602) 749-4405

[counseling@cc-az.org](mailto:counseling@cc-az.org)  
[CatholicCharitiesAZ.org](http://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  
*Se habla español*

#### **Christian Family Care Center**

2346 N. Central Ave.  
Phoenix, AZ 85004  
(602) 234-1935

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

**Areas of Service:** Children, Adults, Trauma

#### **Community Connections LLC**

**Simpson, Vanessa**

4025 W. Bell Rd. Ste 6  
Phoenix, AZ 85053

(623) 242-8460

[info@communityconnectionsaz.org](mailto:info@communityconnectionsaz.org)  
[www.communityconnectionsaz.org](http://www.communityconnectionsaz.org)

**Areas of Service:** eating disorders in Adolescents &  
Adults.

#### **Community Partners Integrated Healthcare**

1515 E. Osborn Rd.  
Phoenix, AZ 85014  
(602) 604-000

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

**Areas of Service:** Adult  
*Se habla español*

**Coral Valley Psychological Services, PLLC**

**Taveras, Lauren PSY.D**

5010 E. Warner Rd Suite 108

Phoenix, Arizona 85044

(480) 382-4416

[dr.taveras@coralvalley.org](mailto:dr.taveras@coralvalley.org)

<https://www.coralvalley.org>

**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)

*Se habla español, Catholic*

**Dymphna Counseling**

**Donna Turner**

4425 E. Agave Rd. Suite 140

Phoenix, AZ 85044

(602) 908-4988

[dymphnacounseling@gmail.com](mailto:dymphnacounseling@gmail.com)

**Areas of Service:** Adults, Trauma, Addictions, Sexual Addictions, Marriage

*Catholic*

**Fit Mind Wellness**

**Dr. Marlena Gonzales-Gabaldon**

34975 N. North Valley Parkway

Suite 152

Phoenix, AZ 85086 and

8985 E. Bell Rd

Scottsdale, AZ 85260

480-525-7091

<http://www.fitmindwellness.com>

**Intercessory Counseling and Wellness**

3842 E. Thunderbird Road

Phoenix, AZ 85032

(602) 599-2000

[Info@intercessory.org](mailto:Info@intercessory.org)

**Michael J. Rayes, LPC, LISAC**

Also, 7121 E. Bell Road Suite 115

Glendale, AZ 85308

**Areas of Service:** Adults, couples, adolescents, children, all mood and personality disorders including depression and anxiety, addictions, trauma, bereavement counseling.

*Catholic*

**John Stapert (PhD)**

6232 N 7th St Suite 206B

Phoenix AZ 85014

(602) 279-8920 Fax (602) 279-0098

[jstapert@ix.netcom.com](mailto:jstapert@ix.netcom.com)

**Areas of Service:** Adults (16+), Depression, Anxiety

**Lisa Fischer PhD**

7111 N. 7th St

Phoenix, AZ

(602) 448-9755 (TEXT ONLY)

[lisafischer@cox.net](mailto:lisafischer@cox.net)

[www.dr.lisafischer.com](http://www.dr.lisafischer.com)

**Areas of Service:** Older adolescents, Adults, anxiety, depression, and relationship problems, including sexual dysfunctions.

*Catholic*

**Little Flower Ministries**

**Nikki Westby LPC**

2312 E Campbell Ave,

Phoenix, AZ 85016

(602) 573-3643

[zestywestby@yahoo.com](mailto:zestywestby@yahoo.com)

**Areas of Service:** Adult, Couples, Anxiety, Depression, Relationship Issues, Domestic Violence, Post Abortion Healing

*Catholic*

**Navarro Counseling and Consulting**

**Dr. Maria Navarro** (*Se habla español*)

3800 N Central Ave, 1010 Phoenix, AZ 85012

(602) 552-4488

[info@navarrocounseling.com](mailto:info@navarrocounseling.com)

<https://navarrocounseling.com>

**Areas of Service:** Children, Adults, Trauma (sexual, physical, verbal) Attachment, Grief Recovery, EMDR, IFS, Story play,

*Se habla español, Catholic*

**Prism Counseling & Coaching**

7901 N. Central Ave

Phoenix, AZ 85020

(480) 525-7284

[www.prism-counseling.com](http://www.prism-counseling.com)

**Areas of Service:** Parenting, Children (10+) Teens, Anxiety, Anger, Grief, Self-Esteem, Trauma,

Relationships, Premarital, Sexual Addiction,  
Wellness, Faith

**Rebecca Kasper PhD**

7227 N. 16th St Suite 209  
Phoenix, AZ 85201

(608) 630-2639

[rebeccaannkasper@gmail.com](mailto:rebeccaannkasper@gmail.com)

[www.drrebeccakasperpllc.com](http://www.drrebeccakasperpllc.com)

**Areas of Service:** Children (5+), Adult, Individual,  
(Occasionally family therapy), Creative arts  
Therapies, Trauma, and Health Psychology  
*Catholic*

**Totus Tuus Therapy Clinic**

**Michelle Lorenzana**

2942 N. 24<sup>th</sup> St. Suite #108

Phoenix, AZ 85016

(602) 464-3289

[mlorenzana@totustuustherapyclinic.com](mailto:mlorenzana@totustuustherapyclinic.com)

[www.totustuustherapyclinic.com](http://www.totustuustherapyclinic.com)

**Areas of Service:** Adults, Marriage and Family,  
Communication concerns, Relational Conflict,  
Premarital Preparation, Anxiety, Depression and  
Grief/Loss

*Catholic*

**Trinity-One Counseling**

**Debra Legge, MC, LAC**

1110 E. Missouri Ave Suite 640

Phoenix, AZ 85014

(602) 403-7393

[debra@trinityonecounseling.com](mailto:debra@trinityonecounseling.com)

**Witness to Love Family Counseling**

3606 N. 24<sup>th</sup> Street

Phoenix, AZ 85016

(602) 980-1557

[info@witnessstolovefcs.com](mailto:info@witnessstolovefcs.com)

[www.witnessstolovefcs.com](http://www.witnessstolovefcs.com)

**Marian Dunaway, LMFT, LPC**

**Areas of Service:** Marriage and Family, Autism,  
Addiction, Women's Issues

*Catholic*

**Emily Babcock, LAC**

**Areas of Service:** Adolescents, Young Adults, Life  
Transitions, Anxiety & Depression

**CITY OF PRESCOTT**

**Christian Family Care Center**

3611 Crossings Drive, Suite A

Prescott, AZ 86305

(928) 443-1150

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

**Areas of Service:** Children, Adults, Family, Trauma

**Spectrum Healthcare**

3633 Crossings Dr

Prescott, AZ 86305

(877) 634-7333

Hearing impaired (800) 367-8939

[info@spectrumhealthcare-group.org](mailto:info@spectrumhealthcare-group.org)

<http://spectrumhealthcare-group.com>

**Areas of Service:** Children, Adults, Family,  
Individuals, Substance Abuse, Trauma, Depression,  
PTSD

*Se habla español*

**Spectrum Healthcare**

990 Willow Creek

Prescott, AZ 86301

(877) 634-7333

Hearing impaired (800) 367-8939

[info@spectrumhealthcare-group.org](mailto:info@spectrumhealthcare-group.org)

<http://spectrumhealthcare-group.com>

**Areas of Service:** Children, Adults, Family,  
Individuals, Substance Abuse, Trauma, Depression,  
PTSD

*Se habla español*

**Maria Rose Counseling**

**Kate Hald LPC**

300 E. Willis St. Suite 300-D

Prescott, AZ 86301

(928) 710-0198

[Kate@MariaRoseCounseling.com](mailto:Kate@MariaRoseCounseling.com)

<http://www.mariarosecounseling.com>

**Areas of Service:** Adults, EMDR Therapy, abuse  
(emotional, physical, and sexual)

**CITY OF SCOTTSDALE**

**Catholic Charities**

**Our Lady of Perpetual Help Parish**

(602) 285-1999

[Counseling@cc-az.org](mailto:Counseling@cc-az.org)  
[CatholicCharitiesAZ.org](http://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

### **Catholic Charities**

#### **St. Patrick's Parish**

(602) 285-1999

[Counseling@cc-az.org](mailto:Counseling@cc-az.org)  
[CatholicCharitiesAZ.org](http://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

### **Franciscan Renewal Center**

5802 E. Lincoln Drive  
Paradise Valley, AZ 85253  
(480) 948-7460 ext. 134  
[Counseling@thecasa.org](mailto:Counseling@thecasa.org)

### **Diana Vigil (MA, LPC, RPT)**

7500 E McDonald Drive, Ste 400A,  
Scottsdale AZ 85250  
(480) 946-0801  
[www.childtherapyaz.com](http://www.childtherapyaz.com)

**Areas of Service:** Adult, Children, Child Maltreatment, Sexual Abuse, Sexual Behavioral problems, Divorcing Families, Parental Alienation  
*Catholic*

### **Dr. Gabrielle Lawrence**

10245 E. Via Linda Blvd Suite 105  
Scottsdale, AZ 85258  
(480) 607-5030  
[gabrL1@cox.net](mailto:gabrL1@cox.net) [www.health4relationships.com](http://www.health4relationships.com)

**Areas of Service:** Adult, Children, DBT, Grief  
*Catholic*

### **Joan Polansky, Ph.D.**

3295 N. Drinkwater Blvd Suite 1  
Scottsdale, AZ 85251  
(602) 621-0468  
[www.arcadiapsychology.com](http://www.arcadiapsychology.com)

**Areas of Service:** College students, Medical issues, difficult pregnancies, or premature and difficult birthing experiences

### **Karen Williams, LPC**

6424 East Greenway Parkway, Suite 114  
Scottsdale, Az 85254  
(602) 791-7189  
[CatholicTherapists.com](http://CatholicTherapists.com)  
**Areas of Service:** Family, Relationships, Substance Abuse, Grief and Loss, EMDR

### **Kelly A. Maurer MSN, FNP, PMHNP-BC**

Psychiatric Mental Health Family Nurse Practitioner  
Sacred Hearts Psychiatry & Addiction Medicine  
8700 E. Vista Bonita Dr. Ste. 236  
Scottsdale, Az. 85255  
(480) 392-1729  
[Kellipmhnp@sacredheartspychiatry.com](mailto:Kellipmhnp@sacredheartspychiatry.com)  
[www.sacredheartspychiatry.com](http://www.sacredheartspychiatry.com)  
[www.mycatholicdoctor.com](http://www.mycatholicdoctor.com)

**Areas of Service:** Prescriber, Full Psychiatric & Substance Use Evaluations (Full panels of lab work to rule out medical causes) - Diagnosis, Med Prescribing & Management, areas of treatment include Depression, Anxiety, Bipolar, OCD, Opioid Use Disorder, Alcohol Use Disorder, offering Medication assisted treatment (Suboxone, Naltrexone, Vivitrol). and Talk therapy, Faith based. Seeing patients 13 through 64 years of age.

### **Pamela Chambers (M.Ed, LPC, NCC)**

17777N. Scottsdale Road  
Scottsdale, AZ 85255  
(480) 703-0606  
[Pamela@pamelachambers.com](mailto:Pamela@pamelachambers.com)  
[www.pamelachambers.com](http://www.pamelachambers.com)  
**Areas of Service:** Adult, Children, Family, Marriage, Pre-Marital counseling, Couples, EMDR for trauma

### **CITY OF SURPRISE**

#### **Avenir Behavioral Center**

16561 N. Parkview Place  
Surprise, AZ 85374  
(623) 522-4525  
[Intake@AvenirBehavioralCenter.com](mailto:Intake@AvenirBehavioralCenter.com)  
[www.AvenirBehavioralCenter.com](http://www.AvenirBehavioralCenter.com)

**Areas of Service:** 18+, depression, anxiety, borderline personality disorder, PTSD, ADHD, bipolar disorder, psychosis, and schizophrenia, alcohol and drug addiction.



## **CITY OF TEMPE**

### **Catholic Charities**

#### **Holy Spirit Parish**

(602) 285-1999

[Counseling@cc-az.org](mailto:Counseling@cc-az.org)

[CatholicCharitiesAZ.org](http://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

*Se habla español*

### **Journeys**

#### **Christina McShane PsyD**

6515 S. Rural Rd Suite 101

Tempe, AZ 85283

(480) 656-0500 Ext. 18

[christina@journeycounselingaz.com](mailto:christina@journeycounselingaz.com)

[www.journeycounselingaz.com](http://www.journeycounselingaz.com)

**Areas of Service:** Adolescent, Adult, Child,  
*Catholic*

### **Spectrum Healthcare**

1845 E. Broadway Rd. Suite 116

Tempe, AZ 85282

(877) 634-7333

Hearing impaired (800) 367-8939

[info@spectrumhealthcare-group.org](mailto:info@spectrumhealthcare-group.org)

<http://spectrumhealthcare-group.com>

**Areas of Service:** Children, Adults, Family, Individuals, Substance Abuse, Trauma, Depression, PTSD

*Se habla español*

### **Witness to Love, Family Counseling Services**

1400 E. Southern Ave Suite 220

Tempe, AZ 85282

(602) 980-1557

[Info@witnessstolovefcs.com](mailto:Info@witnessstolovefcs.com)

[www.witnessstolovefcs.com](http://www.witnessstolovefcs.com)

**Aryn Sylvester, LPC**

**Areas of Service:** Spiritual Abuse, Trauma and PTSD, Grief, Anxiety and Depression, Accelerated Resolution Therapy

### **Marissa Peace, LAC**

**Areas of Service:** Adolescents and Young Adults, Trauma, Codependency, Accelerated Resolution Therapy, Women's Issues, Female Porn Addiction

### **Liberty Richardson, LAC**

**Areas of Service:** Couples and Family, Postpartum Anxiety and Depression, Miscarriage and Child Loss, Play Therapy/Children

### **Isabella Bryant, Trauma & Resiliency Coach**

**Areas of Service:** Childhood Sexual Abuse, Unwanted Sexual Behaviors, Anxiety and Depression

### **Sharon Phelan, Career & Vocational Discernment Coach**

**Areas of Service:** Career Coaching, Life Transitions, Vocational Discernment

## **CITY OF TUCSON**

### **Christian Family Care Center**

3275 W. Ina Road, Suite 155

Tucson, AZ 85741

(520) 296-8255

<https://cfcare.org/>

**Areas of Service:** Children, Adults, Trauma

## **CITY OF WICKENBURG**

### **Breaking Free Christian Counseling**

#### **Kari Froelicher**

315 Apache Street

Wickenburg, AZ 85390

(928) 232-9280

[Kari@godlycounseling.com](mailto:Kari@godlycounseling.com)

[www.godlycounseling.com](http://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 disorders, HSP

*Catholic*

You can verify the mental health professional's license and good standing by visiting:  
The [Arizona Board of Behavioral Health Examiners](http://azbbhe.us) at azbbhe.us or the [Arizona Board of Psychology Examiners](http://psychboard.az.gov) at psychboard.az.gov.

Visit the **Office of Mental Health Ministry** website by scanning the **QR code** or at [dphx.org/mentalhealth](http://dphx.org/mentalhealth) to learn more and find resources.



