



COUNSELING RESOURCE LIST

Bright Horizons Counseling Services, LLC

556 Garrisonville Road, STE 212
Stafford, Virginia 22554
(540) 707-0786

Here at Bright Horizons we strive to meet and exceed the needs of our clients. We offer a full range of individual and group mental health services to adults, children, adolescents, and families. We treat a wide range of emotional and behavioral problems including, but not limited to: Anxiety, Attention Deficit Hyperactivity Disorder, Asperger's Disorder, Anger Management, Depression, Family Conflict, Impulse Control Disorders, Military, Family/child issues, Oppositional Defiant Disorder and Conduct Disorders, Parenting Skills, Selective Mutism, Self-harm, Social Skills Training.

Bright Horizons is a positive environment where you and your children can express yourselves freely and have a safe place to disclose situations you are facing. Parental involvement is strongly advised in helping your child succeed with his/her newfound skills. Now offering art therapy and meditation through Registered Art Therapist - Kandra Orr, ATR.

Groups are normally formed based upon characteristics such as age, gender, and social maturity. Group activities strive to enhance social skills by using such techniques as role playing, play therapy, behavioral management, problem solving, peer discussion, and homework assignments.

Center for Family Counseling

Brian Towers, LMFT
307 Lafayette Blvd., Suite 202
Fredericksburg, VA 22401
540-361-1556
<http://www.centerforfamilycounseling.com/>

Brian Towers holds a Master's Degree in Marriage and Family Therapy and is a licensed marriage and family therapist (LMFT) in the State of Virginia.

He received his Master's Degree from Liberty University and is currently working as a Marriage and Family Therapist. Brian is an associate member of the American Association for Marriage and Family Therapy. (AAMFT).

Brian enjoys working with couples, families, and individuals. He works with adults, adolescents, and children and has served as a co-leader of a resiliency group for socio-economically disadvantaged youth in the Fredericksburg Area. He has also led several youth groups for adolescents at local area churches.

Grace Counseling of Fredericksburg

1125 Heatherstone Drive
Fredericksburg, VA 22407
540-548-4114

Marriage and family therapists diagnose and treat mental and emotional issues and concerns within marriages, couples and families.

Hope Counseling and Eating Recovery Center of Virginia

420 Hudgins Road, Ste 201

Fredericksburg, VA 22408

540-907-9960

<http://www.hopecounselingaz.com/>

Kerry Heath began her mental health career in Oklahoma in 1993 where she began treating children and their families. She then moved to Phoenix, Arizona where she worked treating eating disorders at Remuda Ranch for nearly eight years. She thoroughly enjoyed her time there as the Assistant Clinical Director before relocating to Virginia to start her own family. She is now married and has two beautiful children. She had a successful private practice in the northern Virginia area until the fall of 2015 when her husband was transferred back to the greater Phoenix area. Mrs. Heath has recently opened Hope Counseling of Arizona as a result of this move and is excited to be offering services to the West Valley.

Journey to Hope Counselors

307 Lafayette Blvd Suite 100

Fredericksburg, VA 22401

540-479-1661

<http://www.journeytohopecounseling.com/>

Susie Walden, MA, LPC, NCC

She believes that Journey to Hope must always have a focus on those trying to break the cycles of addiction, lifestyle habits and hang-ups. She says, "There are things that we face in this life that are just too big; that overwhelm us or derail our journey, and it is in those times that I pray that God could join us for a season to journey together and work towards healing brokenness, towards recovery, towards finding hope again in each new day."

Carlie Galla, MA, LPC, NCC

Carlie has had experience working with children and their families as a Family Based Therapist to assist in addressing communication and relationship needs. Carlie has also worked in community mental health for the past three years as an outpatient therapist, providing services to children, teens, adults, and families with a wide variety of diagnoses and needs including but not limited to: anxiety, depression, PTSD, Oppositional Defiant Disorder, ADHD, anger management, self esteem, social skills, behavioral, parent training, and adjustment disorders.

Mike Hawkins, CSAC

Drug and Alcohol Counselor

10712 Ballantraye Dr. #304

Fredericksburg, VA 22407

540-266-1378

"I have been involved with the recovery community for over 25 years. I have 20 years of experience working with families dealing with addiction and behavioral issues, helping parents develop strategies and tools to help their children. My work with adults focuses helping them identify the impact their substance use is having on themselves and those around them. Then developing a plan that supports abstinence. I also work in the faith based community educating leaders and helping those that are struggling with addiction within the Church."

Victory Christian Counseling, LLC

1406 Princess Anne Street

Fredericksburg, VA 22401

540-371-8488

<http://www.victorychristiancounseling.org/>

Dana Marie Klug, MA

I have a passion to work with adolescents and young adults helping them with their crises and everyday life struggles. I have over ten years of experience in the medical field that include adolescent and women health issues. My distinctive Christian orientation seeks to bring hope and healing through introspection, restoration, transformation, and the grace of God.”

Jeff Sumpolec, MA, LPC

“Everyone needs a little help sometimes. I enjoy helping people to find their innermost strengths; their gifts, talents and abilities that they were created with.”

Many of of need help with dealing with anxiety, depression, or adjusting to various life trials. I also work with couples who are struggling with various issues: especially communication, conflict resolution, or closeness (intimacy). I hope to assist you with these needs.

From a Spiritual perspective, I want to encourage you that there is hope in Christ!!

Michelle Rooker, LCSW

1406 Princess Anne St

Fredericksburg, Virginia 22401

(540) 318-2157

“I have significant experience with all age groups, working individually, with couples, and families. Much of my focus in recent years has been on issues of depression, anxiety, addictions, and eating disorders. I primarily work with adolescents and adults at this time. I have been a therapist since 1997, and have enjoyed every minute of it. I believe the most successful therapists have a passion for their profession!”

Janet A Suffel, LPC

1406 Princess Anne Street

Fredericksburg, VA 22401

540-492-4657

“I work with adults, children and adolescents. The children I work with are exhibiting behavioral issues or have been abuse in some way. When working with children, I require the participation of the at least one parent as skills taught must be reinforced in the home between sessions to be effective. I concentrate on teaching coping skills to overcome behavioral issues. I also work with adults looking to learn to manage their emotions in a more effective manner, particularly anger.

Children speak a unique language, the language of play. I utilize play in a variety of formats, from structured to free play. I listen to children as they play to learn more about their behavioral issues and provide tools to correct inappropriate behavior.

I work with adults in overcoming emotional issues by providing unique coping skills and listening to them as they vent their feelings. Adults need a safe outlet to release pent up emotions and I provide that environment.”