

Resources for Mental, Emotional, and Spiritual Health

As the response against COVID-19 continues around the world, staying healthy includes our mental, emotional and spiritual aspects of our daily lives. The office of Family, Youth, and Young Adult Ministries offers the following list of resources to assist pastoral staff and school administrators as you strive to serve the children, youth, and adults in your parishes and school communities.

This list has been compiled for your convenience. To the best of our ability we have organized it by the individual or organization that provided the contacts. We encourage each family to do their own research prior to selecting the professional best suited to their needs.

Counselors, Therapists, and Counseling Centers

Catholic Charities West Michigan

www.ccwestmi.org/what-we-do/counseling-services/

Call central intake for all locations (616)-356-6247

- Maribeth Holst, LPC (Grand Rapids) – great with adolescents
- Kristine Patterson, LMSW (Grand Rapids, Muskegon)
- Elizabeth Harsevoort, LMSW (Holland, Muskegon)
- Lona VanLoozenoord, LPC (Grand Rapids) - 16 and older

Franciscan Life Process Center

lifeprocesscenter.org/services/counseling/

With campuses in Lowell and near downtown Grand Rapids, call (616) 897-7842

- Sister Mary Paul Moller, F.S.E., MA, LPC
- Deena LesPres, MA, LPC
- Emily Andersen, MSW
- Laura Brandt, MA, LLP
- Sister Colleen Ann Nagle, F.S.E., MA, LPC

Rockford Psychological Services

(616) 866-4830

- Peter Birkeland, PhD
- Jeanne Bolle, MA
- Jen Hutchings, PhD

Grand Rapids Family Therapy

grfamilytherapy.com

- Andi Grandy LPC, LLMFT, email andi@grfamilytherapy.com or call (616) 438-3861.

Mindful Counseling GR

- Bob Eggleston, MA, LLPC, call (616) 379-6585 or online at www.psychologytoday.com/us/therapists/bob-eggleston-grand-rapids-mi/756909

Therapist Referral List: from Sr. Colleen Ann Nagle, Franciscan Sisters of the Eucharist

- Larry Sonksen, MSW, reclaimtruthcounseling.com/ContactMe.en.html, (616) 710-4404
- Bill Parker, Ed.D, (616) 285-6080
- Tom Ippel, Ph.D., (616) 942-9942
- Marianne Dunn, PSYD, (616) 931-5013
- Bob Shaffer, PhD, <http://hrapsychservices.com>, (616) 458-0692



Therapist Referral List: Grand Rapids Urban League from Joseph Jones, President/CEO

- Family Outreach Center, www.focgr.org. Dr. Veneese Chandler, President/CEO, 616-247-3815
- Adolescent and Family Behavioral Health Services, www.valenciaagnew.com. Dr. Valencia Agnew, Owner and Clinical Director, (616) 719-0194
- Janee Beville, MA, LPC, NCC, www.linkedin.com/in/janee-beville-ma-lpc-ncc-1781a285, (616) 347-6252 *Referred by Joe Jones of the Urban League for females of color within the school.*
- Wesley G. Morgan, MA, LPC, Renewed Counseling Services, (616) 604-4090.

Therapist Referrals: Inclusion and Student Support at Grand Valley State University from Marlene Kowalski-Braun, Associate Vice President.

- The Fountain Hill Center, contact Helen Ceballo-Hernandez MA, LLPC, English-Spanish speaker (616) 456-1178

Children's Advocacy Centers – Ages 3-18

Parents can call the Center directly to request assessment services if they have concerns about a child's behavior, questions about normal development or suspicions that their child has been sexually abused.

- Ionia County, www.imsafecac.org/counseling-services-.html
- Kent County, cac-kent.org. For more information regarding therapy through the Center, please email Lead Therapist [Ashley Jansma](mailto:Ashley.Jansma) or call (616) 336-5137.
- Montcalm County, www.imsafecac.org/counseling-services-.html
- Muskegon County, www.childabusecouncil.org/children-s-advocacy-center
- Ottawa County, www.cac-ottawa.org/

Families in northern counties of the diocese can also contact: Manistee County, www.manisteecac.com.

YWCA – addressing domestic violence

www.ywcawcmi.org/welcome Hotline: (616) 454-9922

Safe Haven – addressing domestic violence

safehavenministries.org Hotline: (616) 452-6664

National Suicide Prevention Lifeline

www.suicidepreventionlifeline.org (800) 273-TALK (8255)

A 24-hour, toll-free, confidential suicide prevention hotline available to anyone in suicidal crisis or emotional distress. The call is routed to the nearest crisis center and someone will provide crisis counseling and mental health referrals.

Spiritual Resources

Diocese of Grand Rapids

grdiocese.org/spiritual-resources-during-coronavirus

Spiritual Direction

Both [Franciscan Life Process Center](#) and the [Dominican Center at Marywood](#) provide referrals to spiritual directors in the West Michigan area.

The following spiritual directors have an expertise in ministry with youth and young adults, as well as adults.

- Cami Mann, (616) 450-1897, cmann1897@gmail.com
- Beth Price, (616) 915-1757, bpriceofs@gmail.com
- Andy Rebollar, (616) 430-7473, andyrebollar@me.com
- Mary Wcisel, (616) 450-0651, wciselm@gmail.com

