

## Groups and Specialties

**Debbie Ennis:** Success Circle: goal setting

**Lisa Freden:** Anxiety group  
Parenting group

**Lori Churchill:**  
Adolescent grief & loss group,  
high school and middle school girls groups

**Melissa Weise:**  
Adolescent and adult DBT skills 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.

**The Carson Center:** (Ware) DBT 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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Barre MA 01005

Phone: 978-257-8062

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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**

418 Patriots Rd., Suite A, Templeton  
603-762-5356  
aubuchonsarah@gmail.com

**\*The Carson Center for Human Services**

96 South St., Ware  
413-967-6241  
Walk-ins: Mon.-Wed. 9:30am and 10:30am

**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  
508-414-2606  
JenniferChatelle@yahoo.com

**Lori Churchill, LICSW**

1 Main St., Hubbardston  
978-928-1164  
www.WellnessHub1Main.com  
www.wellnessthroughtherapy.com

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

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**Carolyn Erskine**

1 Main St., Hubbardston  
508-641-2716  
Carolyn@caroreiki.com  
Reiki and crystal healing, plus more

**Laura Fasano, MA, LMHC**

Listening Wellness Center  
35 South St., Barre  
978-808-6012

**\*Lisa Freden, LMHC**

Royalston  
978-249-6595

**Elizabeth Gambaccini, MA, LMHC**

101 Mechanic St., Gardner  
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estanley.counseling@gmail.com  
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**Adesholla Gionet, MSW, LICSW**

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Couples Counseling, plus more  
agionet-licsw@comcast.net

**\*Cynthia Horan, LICSW**

45 Sterling St., Suite 23, West Boylston  
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Couples Counseling, plus more  
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www.cynthiahoranlicsw.com

**Alexia Johnstone, LMHC**

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

Certified Wellness Coach  
Level II Reiki practitioner  
1 Main St., Hubbardston  
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**\*Mind Over Matter**

Jill Masure, LICSW  
Gardner  
978-632-6650

**Maureen McGarry**

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**\*Randi Marcinkiewicz, LMHC**

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**Alena Martiros, MA, LMHC**

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**Donna O'Brien, MEd, LMHC**

Listening Wellness Center  
35 South St., Barre  
508-287-3415

**Kay Osborne MS, LMHC**

418 Patriots Rd., Suite A, Templeton  
508-331-6406

**Pastoral Counseling Centers of MA**

Worcester, Westborough, Hudson  
www.PCCofMA.org

**Carrie Powers, LICSW**

101 Mechanic St., Gardner  
978-571-9505  
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www.carriepowers.com

**Kathleen Quinn, LICSW**

697 Main St., Suite 6, Holden  
508-802-4791

**Kristen Robinson, Psy.D**

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drkrobinson@icloud.com  
www.WellnessHub1Main.com

**Dave Russo, LMFT, LMHC**

800 Main St., Holden  
508-829-4242

**Melissa Scherer, MS, LMHC**

Listening Wellness Center  
35 South St., Barre, 774-239-4002  
Specialty: Substance abuse

**Jayme M. Valdez, LMHC**

469 Chandler Street, Worcester  
917-604-2981  
Specialty: OCD  
jaymevaldezlmhc@yahoo.com  
www.ocd-therapy.com

**\*West Brookfield Counseling Center**

Norman Tonelli, LMHC, Owner/Director  
62 Ware St., West Brookfield  
508-867-4451 Ext 1  
www.westbrookfieldcounseling.com

**\*Melissa D. Weise, LICSW**

**Mary-Alice Austin, LICSW**

**Joan Maselli, LMHC (Art Therapist)**

1024 Central St., Palmer  
413-687-9685  
MelissaDWeise@gmail.com

\*Accepts certain Medicaid/Mass Health insurances

Many of the above therapist's profiles can be viewed on [www.PsychologyToday.com](http://www.PsychologyToday.com)

If any information above is out of date please let me know so I can update my records.