

# Flourish Counselors



**Alfonso** (*lay counselor*) works alongside you, helping you build on your strengths and navigate collaboratively toward your goals and personal growth. He brings empathy, curiosity, and real-world experience into each session, drawing from extensive experience supporting individuals through life's challenges. He believes meaningful change happens through connection, compassion, and a shared commitment to growth, and is dedicated to helping you move toward greater balance, resilience, and well-being.

SPANISH SPEAKER

PRONOUNS: HE/HIM

Building on your strengths, **Elizabeth** (*licensed clinician, certified addictions counselor*) is shoulder-to-shoulder with you on your journey to greater well-being. She brings thoughtfulness, safety, and warmth to her counseling sessions. Elizabeth has decades of experience as a helper and as someone receiving help, and remains passionate about ongoing learning and honing the most effective counseling strategies.

PRONOUNS: SHE/HER



**Rachel** (*licensed clinician*) provides warmth and encouragement as she supports you. She understands firsthand the challenges of establishing healthy work-life boundaries and is passionate about supporting clients in this area. Rachel loves helping clients find effective, personally tailored ways to live more fully, with greater well-being, and with more meaning.

PRONOUNS: SHE/HER

In **Mary's** (*lay counselor*) long career in helping professions, she's found the greatest meaning in being a part of innovative, effective approaches to increasing people's access to support and care. As a parent of an adult child with special needs, she understands the profound challenges of navigating the world through the lens of a chronic condition. Mary uses a mind, body, spirit, whole person approach as a counselor and is deeply committed to helping you.

PRONOUNS: SHE/HER





**Cecilia** (*licensed clinician*) provides you with empathetic and compassionate care, meeting you right where you are. Her extensive familiarity with providing whole-person counseling includes expertise and personal experience in the area of parenting and family life. She is committed to providing a sphere of non-judgment in her counseling relationships, where true, deep, and lasting changes can occur.

SPANISH SPEAKER

PRONOUNS: SHE/HER

**Jennifer** (*lay counselor, certified health coach*) supports your well-being with a particular eye to the mind-body connection, including breathing, supportive movement, and healing our relationship with food. She helps you with integrating feasible and impactful daily practices that can increase ease and happiness in your life. Her practical and compassionate counseling style creates opportunities for you to make changes in your life that are most important to you.

PRONOUNS: SHE/HER



**Donielle** (*lay counselor*) finds great meaning in providing empathetic care that is deeply respectful of people's lived experiences. Her professional and personal experiences in advancing racial equity and radical inclusivity is foundational in her down-to-earth, non-judgmental counseling practices. She helps you to find connection and thriving within yourself so that you are able to live with more authenticity and self-acceptance.

PRONOUNS: SHE/HER

**Molly** (*lay counselor*) is passionate about supporting folks in finding acceptance and love for all of the complexities of their human experience. She is part of the LGBT+ community and has extensive experience in supporting people in working through relationship struggles. Molly offers a warm, open, respectful, and often joyful presence in her sessions with you. She is driven to help you find expansiveness in life through a deeper connection to your authentic self.

PRONOUNS: SHE/THEY





**Kori** (*lay counselor*) is committed to providing a warm, welcoming space where you can be deeply heard. Her extensive experience working for the Crisis Text Line with people during challenging times is part of what makes her feel like the calm amidst the storm. Kori has a strengths-based lens in all her work and is passionate about helping clients see their value and worth.

PRONOUNS: SHE/HER

**Kat** (*licensed clinician*) brings her deeply attuned, thoughtful, reflective, and compassionate skills to her counseling role. She has deep experience helping people find peace with family struggles and anxiety. She knows the profound impact of receiving effective, trauma-informed, person-centered care. Kat is dedicated to providing this care to you with warmth and respect.

PRONOUNS: SHE/HER



**Ted** (*lay counselor*) understands firsthand the barriers, level of effort, and infinite gifts of personal growth. As he supports his clients in pursuit of their own personal growth, Ted offers gentleness, respect, warmth, and an unflinching ability to see strengths. His humility, groundedness, and commitment to non-judgment foster a space where his clients are able to explore their experiences with a sense of freedom, safety, and deep support. Ted is part of the LGBT+ community.

PRONOUNS: HE/HIM

**Naveed** (*lay counselor*) has a passion for supporting his clients to connect with themselves and find authenticity in their lives. He has vast experience empathically supporting people with behavior change, including people struggling with addictive disorders. Naveed is deeply interested in people's individual experiences, perspectives, and what's most meaningful to them. He's driven to be helpful to his clients in the way that's unique to them and does so with unwavering warmth and respect.

SPANISH SPEAKER

PRONOUNS: HE/HIM





In her gentle, steady presence, **Judith** (*lay counselor*) maintains an unyielding ability to stay focused on the people she serves, regardless of the complexities in their lives. With this calm, centered approach, Judith supports people to find deeper connections to themselves, make meaning of their experiences, and discover their unique paths to healing. Judith is part of the LGBT+ community and provides deeply compassionate, empathic, respectful care.

PRONOUNS: SHE/HER

**Vanessa** (*licensed clinician*) strives for creating a space of unconditional positive regard—her clients feel this deep care, respect, and Vanessa’s belief that they deserve to feel this way, regardless of their difficulties or backgrounds. Vanessa has a warm, unwavering presence and a seemingly boundless ability to reflect the strengths in those she supports. She’s driven to help people connect to their own, inner wisdom for change, healing, and self-acceptance.

PRONOUNS: SHE/HER



**Polen** (*lay counselor*) is committed to creating a warm, grounded space of non-judgment and genuine presence where clients feel deeply seen and heard. Her diverse personal and professional experiences have shaped her profound empathy, humility, and attunement to the complexity of human experiences. Drawing on holistic practices and a reflective, intuitive approach, she offers care that helps individuals feel safe, connected, and empowered as they move toward greater clarity, healing, and well-being.

SPANISH SPEAKER

PRONOUNS: SHE/HER



**Jonathan** (*lay counselor*) is dedicated and passionate about supporting individuals to grow and thrive as they navigate challenges. He offers calm and warmth as he helps people to build and strengthen their coping strategies and emotional awareness. Jonathan is committed to his own continuous learning and development, emphasizing each client's central role in their own narrative, and fostering a meaningful connection with those he supports.

PRONOUNS: HE/HIM



**Naomi** (*lay counselor*) offers a warm, joyful presence grounded in deep listening, empathy, and genuine care. She creates a space where others can feel safe, known, and accepted. Naomi's professional and personal experiences with religion and trauma-informed care reinforce her open-minded, strengths-based approach. Naomi walks alongside her clients with compassion, curiosity, and respect, supporting them as they move toward healing and peace.

PRONOUNS: SHE/HER