



# Counselor Referral List

## John Gowins Ph.D, LPC

- **Specialties:** Marriage, Individual, and Family, Men's issues
- Some insurances accepted
- John could meet at the Church office building.
- **Fees:** Contact John to find out more about his fees and availability

### Contact Information: Eagles Nest Christian Counseling

(Office) 719.593.7754

(Email) jgowins@eaglesnestrm.org



## Hermine Stearman MA in Clinical Counseling

- **Specialties:** Grief, Loss, Anxiety, Depression, Couples, Adolescents, Work-related concerns.
- In addition to counseling, Hermine has 18+ years of experience in business and 15 years as a manager. She shares this expertise through Life Coaching
- **Fees:** Contact Hermine to find out more about her fees and availability.

### Contact Information: Journeys Counseling Center, Woodland Park

(Office) 719.687.6927

(Email) Journeyscc@aol.com

## Jason S. Friesema LPC, CACIII

- **Specialties:** Drug and alcohol addiction, PTSD, Parenting issues, Adolescents, DUI Education and Therapy.
- Some insurances accepted
- **Fees:** Contact Jason to find out more about his fees and availability

### Contact Information: Insight Services, PLLC

(Website) www.insightservicescolorado.com

(Email) jason@insightservicescolorado.com

(Phone) 719.447.0370 ext 17



## Gary Sprague

- **Specialties:** Non-nuclear families, Single Parent Families, Step Families, Grand Parents raising grandchildren, Foster Care / Adoption, Divorce Recovery, Grief Counseling, Parents and Children
- Gary has a Masters degree in Social Work and is an ordained pastor (through WPCC)
- **Fees:** Contact Gary to find out more about his fees and availability

### Contact Information: Lodge at Elk Valley

(Email) gary@spfm.org

(Phone) 719.687.0515

## Jackie Kuyper MBC



- **Specialties:** Marriage, Women's issues, Post abortion issues
- Jackie has lived in Teller County for 30 years. She has led several post abortion groups, and believes greatly in using prayer and Scripture in all her counseling sessions.
- **Fees:** Contact Jackie to find out more about her fees and availability.

### Contact Information:

(Cell) 719.650.0567

(Email) praisehymn@aol.com

## Barbara Stevens LPC, LLC, Licensed Psychotherapist

- **Specialties:** Divorce, Parenting and solo parenting, Depression, Anger management, Grief/loss, and Post-traumatic stress
- Insurance Panels: Tri-Care/Tri-West, Aetna
- **Fees:** Contact Barbara to find out more about her fees and availability

### Contact Information:

(Voice) 719.357.1600

(Email) barbaraschillerstevens@gmail.com



## Julie Wilson MCS/MFCT Therapist

- **Specialties:** Marriage and Family, Children and Adolescents, Women's abuse group
- **Fees:** Contact Julie to find out more about her fees and availability

### Contact Information: Woodland Park Christian Counseling Center

(Phone) 719.661.8061

(Email) juliewilson422@yahoo.com



# Available Support Groups

**Overcomer's Group** This is a weekly, Christ-centered 12 step program. This group is appropriate for all people who fell stuck or paralyzed with addiction, abuse issues, family dysfunction, low self-esteem, divorce, etc...This is a safe place to find health and wholeness in Christ. A meal is provided each week at 6:00 PM.

**Wednesdays \* 6:00 PM-8:00 PM \* Downstairs Suite D (Church Office)**

Contact Todd Zeller for more information (toddzeller@hotmail.com)

**Grief Recovery Support Group** The holidays can be difficult, especially for those who have lost someone. GriefShare is a special support group for people who are in the grieving process. It's a place where you can be around people who understand how you feel and the pain of your loss. At GriefShare, you'll learn valuable information that will help you through this difficult holiday season and the days, weeks, and months to follow.

**Mondays (September 26th-November 28th) \* 6:00 PM-8:00 PM \* Suite A (Church Office)**

Contact Hermine Stearman for more information. (964.3969)

**DivorceCare** This is a 13-week video seminar series featuring some of the nation's foremost Christian experts on divorce and recovery topics as seen from a biblical perspective. The video seminars are combined with support group discussions of the materials presented during the video. It is intended for those persons who are divorced, getting a divorce or are separated from their spouse and need a caring place to learn, heal, recover and grow. Childcare is provided.

**Mondays (September 12th-December 19th) \* 6:30 PM-8:30 PM \* Downstairs Suite D (Church Office)**

Contact Bob and Kathy Morton for more information. (687.4598)

**AA (Alcoholics Anonymous)** Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.

**Thursdays \* 7:00 PM-8:30 PM \* Suite A (Church Office) Contact 719.573.5020 for more information.**

**AI-Anon** AI-Anon has but one purpose: to help families of alcoholics. They do this by practicing the Twelve Steps, by welcoming and giving comfort to families of alcoholics, and by giving understanding and encouragement to the alcoholic.

**Thursdays \* 7:00 PM-8:30 PM \* Downstairs Suite D (Church Office)**

Contact 719.632.0063 or 1.888.425.2666 for more information.