

MONTGOMERY COUNTY, MD - DISABILITY NETWORK DIRECTORY

Counseling

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This is a project of the Montgomery County Commission on People with Disabilities. To submit an update, add or remove a listing, or request an alternative format, please contact: DHHSWebsite@montgomerycountymd.gov, 240-777-1246 (V), MD Relay 711.

Center for Caregivers

Washington, DC Office

Dr. Rene Laje, Director
5415 Connecticut Avenue, NW, #T43
Washington, DC 20015

Chevy Chase Office

5480 Wisconsin Avenue, #228
Chevy Chase, MD 20815
301-455-4149 (V)

E-mail: renelaje@yahoo.com

www.centerforcaregivers.com

Individual counseling and therapy groups for caregivers of infants, babies, children with health issues, and older adults. Home visits available to those who are unable to leave their homes. Many insurances accepted, including Medicare.

Center for Counseling and Neurofeedback

Donna Troisi, LCSW-C

Urbana Office

The Landon House
3401 Urbana Pike
Urbana, MD 21704

North Potomac Office

Potomac Valley Professional Center
12105 Darnestown Road, Suite 28
North Potomac, MD 20878
240-281-8319 (V)

www.donnatroisi.com

For individuals, couples, and families. Counseling for individuals with autism, impulse control disorders, child or adolescent issues, anxiety or fears, parenting, and more. Also provide neurofeedback training. Accept Autism Waiver.

Center for Families in Transition (CFIT)

8720 Georgia Avenue, Suite 205
Silver Spring, MD 20910
301-495-6393 (V)
301-384-3631 (TTY)

E-mail: ellenss12@aol.com

www.cfitherapy.com

Private practice providing mental health services to individuals, couples, and families. Special program for working with people who are Deaf and Hard-of-Hearing. Accept a variety of health insurances.

Child Center and Adult Services, Inc.

Shady Grove Professional Building
16220 Frederick Road, Suite 502
Gaithersburg, MD 20877
301-684-8106 (V)

Provide mental health counseling for children, adults and families in Montgomery County. Accept insurance plans and have a sliding fee scale.

Eugene Meyer III Treatment Center

The Washington School of Psychiatry
5028 Wisconsin Avenue, Suite 400
Washington, DC 20016
202-537-6050 (V)

E-mail: wspcd.info@wspdc.org

www.wspdc.org/0101treatment.html

Non-profit mental health clinic offering affordable services to persons in the Washington, DC metropolitan area. Clinic services include individual, group, couples and family psychotherapy; psychiatric evaluations and medication consultations also available. Insurance plans accepted; sliding-fee scale available.

Gates, Amy, LSCW-C, MSW

8929 Shady Grove Court
Gaithersburg, MD 20877
240-602-6343 (V)

E-mail: amyhgates@verizon.net

www.amyhgates.com

Psychotherapist. Counsels parents who have children with disabilities. Also offer couples and individuals counseling as well as life and parent coaching. Sliding scale. Medicare.

George Washington University Center Clinic

1922 F Street, NW, Suite 103
Washington, DC 20052
202-994-4937 (V)

<https://psyd.columbian.gwu.edu/center-clinic>

Non-profit community mental health center clinic provides short- and long-term mental health treatment. Services include individual, couples, family, and group psychotherapy, as well as psychological assessment. Patients may also be referred for a psychiatric consultation through a partnership with the University's Department of Psychiatry and Behavioral Science. All of the clinicians are graduate students in clinical psychology supervised by licensed professionals. Services are offered on a sliding scale fee.

Heller Psychology Group, LLC

Carey A. Heller, Psy.D.
6320 Democracy Boulevard
Bethesda, MD 20817
301-385-2610 (V)
E-mail: appt@thehellerpsychologygroup.com
www.hellerpsychologygroup.com
Offer individual, family, group, and couples psychotherapy. Clinicians conduct therapy to treat a variety of issues including: ADHD, Asperger's Disorder, anxiety, depression, family conflict, anger management, difficulty coping with medical disorders, and bullying. Also offer testing and assessments for ages four and up.

Hollander, Michele, Psy. D.

16220 Frederick Rd, Suite 512
Gaithersburg, MD 20877
301-990-0131 (V)
E-mail: michelehollander@msn.com
Psychologist. Behavioral therapist. Autism Waiver.

House Calls, LLC

Beth Albanese, CTRS, CPRP, CLP
P.O. Box 776
Olney, MD 20830
301-346-6732 (V)
E-mail: callingonbeth@gmail.com
www.callingonbeth.net
Provide services for teens to seniors including, but not limited to, counseling during any kind of life transition; life coaching to integrate individuals into work, leisure or volunteer pursuits; advocate on your behalf to make sure professionals and agencies are meeting your needs; provide or arrange all aspects of mental health or medical case management; arrange recreation activities that begin at home; and walk an individual to community resources using volunteers as needed for support.

Independence Now, Inc. (INNOW)

12301 Old Columbia Pike, Suite 101
Silver Spring, MD 20904
301-277-2839 (V)
E-mail: info@innow.org
www.innow.org
Serve individuals with disabilities in Montgomery and Prince George's Counties. Support Planners help secure and coordinate personal care, assist in acquiring household items, furniture and adaptations needed; locate affordable and accessible housing; connect you with valuable community resources; and offer ongoing support on self-directing your services. Also offer peer mentoring and support to individuals who have expressed a desire to leave nursing homes and move out into the community.

Jewish Social Service Agency

Fallsgrove Office

200 Wood Hill Road
Rockville, MD 20850
301-838-4200 (V)

Rockville Office

6123 Montrose Road
Rockville, MD 20852
301-881-3700 (V)

Silver Spring Office

9900 Georgia Avenue
Silver Spring, MD 20902
301-587-9666 (V)

www.jssa.org/counseling-therapy

Nonsectarian provider that helps clients of all ages. Services include therapy for adults and couples, mental health evaluation and treatment for children and teens, career counseling and workshops, and employment services. Many services are covered by insurance and managed-care plans. Maryland Medicare and Medicaid accepted. Sliding-fee scale available.

Kaufman, Nan, LCSW-C

4400 East West Highway, Suite 720
Bethesda, MD 20814
301-986-9020 (V)
Coach/Counselor/Advocate for parents who have a child who is newly diagnosed with a disability and/or for on-going supports.

Maryland Psychotherapy Clinic and Research Lab

University of Maryland Psychology Department
2140 Biology – Psychology Building
University of Maryland
College Park, MD 20742
301-405-5820 (V)

E-mail: mpcrl@psyc.umd.edu

www.mpcrl.umd.edu

Provides high-quality, low-cost counseling and psychotherapy to adults in Prince Georges' and Montgomery Counties, and Washington, DC. Treatment focuses on insight and understanding difficulties in relationship problems, depression, anxiety, grief and loss, meaning of life, dreams, and nightmares. Cost is \$50 per 45-minute session. Offer sliding scale depending on client need. There is no charge for the screening interview or intake interview. No insurance plans accepted.

Pastoral Counseling & Consultation

Center of Greater Washington

7003 Piney Branch Road, NW
Washington, DC 20012
202-670-5065 (V)

www.pastoralcounselingdc.com

Mental health counseling, life and career coaching, family therapy, couples/marriage counseling, stress management, addictions, and workshops.

Pro Bono Counseling Project

110 West Road, Suite 202
Baltimore, MD 21204
410-825-1001 (V)
1-877-323-5800 (Toll Free)

<http://probonocounseling.org/>

Non-profit organization that provides individual, couples and family counseling to individuals throughout Maryland. Treat depression, anxiety, abuse, self-esteem, self-abuse, relationships, eating disorders, divorce and grief. Counseling services provided by volunteer credentialed therapists at no cost.

Willow Oak Therapy Center

15841 Crabbs Branch Way
Rockville, MD 20855
301-251-8965 (V)

E-mail: therapist@accirockville.org

www.accirockville.org

Counseling, psychotherapy for individuals, families and couples, and psychological testing and evaluations. Free seminars. Sliding fee schedule. Most insurance plans are accepted.

TLC - The Treatment & Learning Centers (TLC)

2092 Gaither Road, Suite 100
Rockville, MD 20850
301-424-5200 (V)

E-mail: ltorvik@ttlc.org

http://ttlc.org/psychoeducational_evaluations/programs-2/counseling/

Private, nonprofit organization serving children and adults with a wide range of special needs. Individual, family and group counseling sessions. Specialize in learning differences, autism, developmental delays, hearing loss, and other problems that interfere with development, learning and active participation in the community. Also serve a community of professionals through workshops, seminars and other events.

Vesta, Inc. – Outpatient Mental Health Clinics

Germantown Horizon Outpatient Clinic

20410 Observation Drive, Suite 108
Germantown, MD 20876
240-296-5862 (V)

Walk-in intakes on Tuesdays 10am to 4:30pm

Silver Spring Horizon Outpatient Clinic

8737 Colesville Road, Suite 700
Silver Spring, MD 20910
240-296-5860 (V)

Walk-in intakes on Wednesdays 10am to 4:30pm

E-mail: info@vesta.org

www.vesta.org/omhc

Licensed mental health professionals offer mental health clinical services, including individual, family, couples and group therapy; on-site, off-site and in-home therapy; psychiatric assessment and medication management; and psycho-education programs on parenting, anger management, social skills and dealing with difficult adolescents. Most insurance, including Medicaid, Medicare and PAC, accepted. Uninsured Maryland residents accepted if they meet certain criteria.