



Professional Therapist/Counselor Referral Information

Purpose: For NewHopers who desire to receive life coaching and/or counseling in the areas of general, pre-marital, marriage, grief, or family counseling. Listed below are those professional therapists who are suggested and come recommended by our NewHope Pastoral Team. Please be sure to let the therapist that you see know that you were referred by NewHope Church. We pray their service will be a source of comfort to you, your loved one, and/or your friend. May God bless you!

Individual Practices

Barbara Lowe, PhD, LP, BCC

Adults, addictions, marriage/couples/pre-marriage, trauma, anxiety, depression, insomnia, veterans, PTSD, parenting, families, grief, infidelity/betrayal, ADHD, behavioral challenges, identity challenges, acting out, adolescents, young adults, obsessive-compulsive disorders (OCD), school challenges, substance abuse

5850 Fayetteville Road, Suite 211

Durham, NC 27713

919-294-8981

www.turntogreenleaf.com

contact@turntogreenleaf.com

Cathy Leslie, PhD

Adult and Marriage Counseling

1709 Legion Road Ste 223

Chapel Hill, NC. 27517

919-932-7710

www.cathyleslie.com

Cristina Trout LCMHC, LPC

Cognitive Behavior Institute

Virtual counseling only

(724) 609-5002

Cristinatroutrout.cbi@gmail.com

papsychotherapy.org/

**Laura Valentine**

Overcomers Counseling Center
2410 Presidential Dr Ste 105
Durham, NC. 27703
919-358-3012
laura@wocconline.org

Caroline Von Helms

Adults, couples, and families
8392 Six Forks Rd Ste 202
Raleigh, NC 27615
919-995-6998
tccnc.org

Douglas Andrews

Adults and adolescents
122 St Mary's St
Raleigh, NC 27605
919-815-4748
douglasandrewtherapy.com

Kaitlyn Hove

Pre-teens, teens, young adults & couples
1921 N. Pointe Dr Ste 280
Durham, NC 27705 and Telehealth Virtual
984-204-1351
Pottercounseling.com

Eric Fesmire

Adults
919-866-2939
Fesmire.eric@gmail.com

Holly Lee

Adolescents, women, and couples
tiedinknotscounseling@gmail.com
919-818-0851

April Miller

Adults and couples
1601 Jones Franklin Road Ste 104
Raleigh, NC 27606
April.miller@lifecarecc.com
lifecarecc.com

Emily Moore

Adults
emilymoore.lcmhc@gmail.com
919-343-5186

Matt Schneider

Adults and couples
1921 N. Pointe Dr Ste 280
Durham, NC 27705
984-343-1351
Pottercounseling.com

Steven Price, MA, LPCA

Individual, Marriage & Family Therapist
Adolescents 10 & Older
8801 Fast Park Drive, Suite 107
Raleigh, NC 27617
919-851-1527
www.lifecarecc.com



Flowers Solution-Focused Therapy

Children with autism & ADHD, Adolescents
and Adults

2232 Page Road, Suite 204

Durham, NC 27703

919-589-4532

<https://flowerssolutionfocusedtherapy.org/>

Michelle Deering

Sport Psychology Services

Adolescents 17 years old-Adults

www.DeeringPsychologicalServices.com

James Pittman, LMFTA

Couples and men

6512 Six Forks Road STE 602A

Raleigh, NC 27615

919-628-9126

james@gracechristiancounseling.info

<https://gccnc.com/>

Jessica Farmer

Adolescents 16 years old-adults

Specialization with ages 18-24

984-266-8096

<https://www.psychologytoday.com/us/therapists/jessica-farmer-durham-nc/1342434>

Garner Area:

Kay Beard, M.S., LMFT

Adult and Marriage Counseling

150 Rush Street

Raleigh, NC 27603

919-819-4949

Wake Forest Area:

Kemba B. Mason, LCMHCA, NCC

Women & Couples

My-Therapist

152 Capcom Ave. Ste. 101

Wake Forest, NC. 27587

919-551-7222

<http://www.mytherapistnc.org>

kemba@mytherapistnc.org

Victoria Ellis

Teens, couples, and families

851 Durham Rd Wake Forest, NC 27587

919-891-0521

thejourneyandtheprocess.com