

Referrals

Directory of Referrals and Service Providers

Provider(s):
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Website:
Insurance:
Ages Serves:
Specialities:

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Testing

Axis Mundi Therapy

Providers: Rebecca O’Niell, LCSW, CAS

Address: 37 Sycolin Road SE Leesburg, VA 20175

Phone: 703-786-4935

Website: <https://www.axismunditherapy.com/autism-diagnostic-evaluation>

Insurance: Out of network

Ages Served: Children and teens

Specialities: Non-medical model testing

Children’s National Medical Center

Phone: 301-765-5430

Website: <https://childrensnational.org/departments/neuropsychology-outpatient-evaluation-program>

Insurance: Most major insurances

Ages Served: Children

Cosgrave Psychology

Provider(s): Christine M. Cosgrave, Psy.D.

Address: 1039 Sterling Rd #201 Herndon, VA 20170

Phone: (703) 405-1507

Website: <https://www.cosgravepsychology.com/>

Insurance: BCBS

Ages Serves: All ages

Specialities: Psychological testing, ADHD

Daisy Pascualvaca and Associates

Address: 3301 New Mexico Avenue, NW Suite 221 Washington, DC 20016

Phone: 202.537.6155

Website: <https://www.pascualvaca.com/>

Ages Serves: All ages

Insurance: out of network

Specialities: Psychological testing, ADHD, Autism

Dr. Brianna Hoffman

Address: 4752 Euclid Road VA Beach

Phone: 757-276-6776

Website: <https://drbrianahoffman.com/>

Ages Served: children, teens, adults

Insurance: BCBS, Tricare, Sentra/Opitma

Specialties: Autism, ADHD, neuro-affirming testing

Georgetown Psychology

Provider(s): Marissa Miller, PhD, NCSP Licensed Psychologist

Address: George Town Psychology 1054 31st Street NW, Suite 312 Washington, DC 20007

Phone: 202-333-6251

Insurance: out of network

Website: <https://georgetownpsychology.com/>

George Mason University

Website: <https://psyclinic.gmu.edu/services/testing>

Insurance: Most insurances and a sliding scale

Integrated Psychology Associates of McLean

Provider(s): Debra N Brosius, Psy.D.

Address: 6845 Elm Street, Suite 507 McLean, VA 22101

Phone: 703-854-9431

Website: www.ipamclean.com

Insurance: Out of network

Ages Serves: All ages

Specialities: Psychological testing, ADHD, Autism

Nouveau Psychological Wellness

Address: 1530 Wilson Boulevard, Suite 360 Arlington, Virginia 22209

Phone: (571) 534-3825

Website: <https://nouveaupsychotherapy.com/>

Insurance: Out of network

Ages Serves: All ages

Specialities: Psychological testing, ADHD, Autism

Stixrud Group

Address: 8720 Georgia Avenue Suite 606 Silver Spring, MD 20910

Phone: (301) 565-0534

Website: <https://stixrud.com/staff/william-r-stixrud/>

Insurance: Out of network

Ages Serves: All ages

Specialities: Psychological testing

Well Neuropsychology

Provider(s): Megan Cheatham

Address: In VA beach but travels to NOVA, near Tysons corner

Phone: 757-285-0958

Website: <https://wellneuropsychology.com/>

Insurance: OOO, \$1,500-5,000, schedules about a month out

Ages Serves: 5+

Specialities: ADHD, Autism, tries to see clients in one session

Free consults

Therapy Referrals

Adult Therapy

Alanna Betts

Provider(s): Alanna Betts

Address: 1768 Business Center Drive Suite 360 Reston, VA 20190

Website: <https://www.alannabettstherapy.com/>

Insurance: out of network

Ages Serves: teens and older

Specialities: perinatal, EMDR, art therapy

Cathy Patrick, LCSW, LICSW

Address: 11250 Roger Bacon Dr. #10 Reston VA 20190

Phone: 703-454-5763

Website: <https://www.cathycpatrickcounseling.com/>

Insurance: Anthem, BCBS, CareFirst, Cigna and Evernorth

Ages Serves: elders and adults

Specialities: EMDR, CBT, DBT

Creative Source Counseling

Provider(s): Brittany Deutch, LPC, ATR-BC

Address: virtual

Phone: 804-589-5765

Website: <https://www.creativesourcecounseling.com>

Insurance: out of network

Ages Serves: adults

Specialities: divorce, LGBTQ+, anxiety

Crossroads Family Counseling

Address: 3611 Chain Bridge Road, Suite C Fairfax, VA 22030

Phone: 703-380-9045

Website: <https://crossroadsfamilycounselingcenter.com>

Insurance: Cigna, CareFirst and Anthem BCBS, Aetna

Ages Serves: all

Curious Space Therapy

Provider(s): Laura Miles, LPC, ATR-BC

Address: 4085 Chain Bridge Road, Suite 402 Fairfax, VA 22030

Phone: 571-496-8954

Website: <https://www.curiousspacetherapy.com/>

Insurance: Aetna, Anthem, BCBS, Cigna, Quest

Ages Serves: adults

Specialities: art therapy, LGBTQIA+

Embodied Connections

Provider(s): Lindsey Reed

Phone: 571-2936628

Website: <https://lindseyreedlcsw.com/>

Insurance: out of network

Ages Serves: adults

Specialities: somatic therapy EMDR, IFS

Emerald Leaf Counseling

Providers(s): Miki Goerdts, LCSW, ATR-BC
Address: 5275 Lee Hwy #104 Arlington, VA 22207
Phone: 703-829-6350
Website: <https://www.mikigoerdt.com/arttherapy>
Insurance: Medicare, Cigna, CareFirst and Anthem BCBS PPO \
Ages Serves: Adults, elders, minority groups
Specialties: art therapy

EverWhen Therapy LLC

Address: 3950 Chain Bridge Road #7 Fairfax, VA 22030
Phone: 571-234-9184
Website: <https://everwhentherapy.com/>
Insurance: Anthem CareFirst Cigna and Evernorth TRICARE
Ages Serves: Kids (6-10), Preteen, Teens, adults
Specialties: art therapy, group, EMDR

Family & Child Therapy

Address: 144 Church Street, NW Suite 205 Vienna, VA 22180
Phone: 571-261-7764
Website: <https://familyandchildtherapy.com>
Insurance: out of network
Ages Serves: 4 +
Specialties: art therapy, family therapy, play therapy

Family Therapy Center of Northern Virginia

Address: 19420 Golf Vista Plaza #330 Lansdowne, VA 20176
Phone: 571-733-9736
Website: <http://www.familytherapynova.com>
Insurance: out of network
Ages Serves: all
Specialties: art therapy, play therapy, EMDR

Fairfax Integrative Therapy

Address: 10640 Page Ave Suite 330 Fairfax, VA 22030
Phone: 703-744-0609
Website: <https://fairfaxintegrativetherapy.com/>
Insurance: ooo
Ages Serves: Couples, Family, Group and Individual Therapy
Specialties: EMDR, Parent Coaching

Golden Art Therapy and Counseling

Provider(s): Lindsay Carroll, LPC, ATR-BC
Phone: [\(703\) 828-7110](tel:(703)828-7110)
Website: <https://www.goldenarttherapy.com/>
Insurance: out of network
Ages Serves: 10 +

Specialities: trauma, art therapy

Nouveau Psychological Wellness

Address: 1530 Wilson Boulevard, Suite 360 Arlington, Virginia 22209

Phone: (571) 534-3825

Website: <https://nouveaupsychology.com/>

Insurance: Out of network

Ages Serves: All ages

Specialities: Neuroaffirming

Playful Therapy

Provider(s): all

Website: <https://playfultherapy.net/>

Insurance: out of network

Ages Serves: all ages

Specialities: neuroaffirming, play therapy

Renew Art Therapy & Counseling

Provider(s): all

Address: 3925 Old Lee Highway, Unit 52-B Fairfax, VA 22030

Phone: 571-418-1714

Website: <https://renewarttherapyandcounseling.com/>

Insurance: out of network

Ages Serves: 6 +

Specialities: art therapy, play therapy, sandtray and EMDR

Sage House Art Therapy and Counseling

Providers(s): all

Address: 11250 Roger Bacon Drive Building 10 Reston Va

Phone: 703-483-9442

Website: <https://sagehousetherapy.com/>

Insurance: Anthem Blue Cross Blue Shield

Ages Serves: all ages

Specialities: art therapy, kids and teens

Sarah Briggs and Associates

Provider(s): all

Address: 10640 Page Ave Suite 340 Fairfax VA 22030

Phone: 571-999-4251

Website: <https://sbriggsassociates.com/>

Insurance: out of network

Ages Serves: Children, teens, adults and families

Specialities: play therapy

Seven Corners Therapy

Provider(s): all

Phone: 703-584-4729

Website: <https://www.sevencornerspsychotherapy.com/appointments>

Insurance: out of network

Ages Serves: all ages

Specialities: Neuroaffirming, play therapy

Thistle Art Therapy

Provider(s): Kate Mullins

Address: 300 N. Washington St Falls Church, Virginia 22046

Phone: 202-656-5683

Website: <https://www.thistle-art-therapy.com/>

Insurance: BCBS

Ages Serves: teens and adults

Specialities: Eating disorders, DBT, body image, ERP

Child Therapy

Active & Connected

Provider(s): Emily Liberto

Address: 105 N Virginia Ave #203 Falls Church, VA 22046

Website: <https://activeconnected.com/>

Insurance: Cigna, Sentra, Aetna, BCBS

Ages Serves: 4 +

Specialities: children, play therapy, sand tray, art therapy

Axis Mundi Therapy

Providers: Rebecca O'Niell, LCSW, CAS

Address: 37 Sycolin Road SE Leesburg, VA 20175

Phone: 703-786-4935

Website: <https://www.axismunditherapy.com/autism-diagnostic-evaluation>

Insurance: Out of network

Ages Served: Children and teens

Specialities: Neuroaffirming

Crossroads Family Counseling

Address: 3611 Chain Bridge Road, Suite C Fairfax, VA 22030

Phone: 703-380-9045

Website: <https://crossroadsfamilycounselingcenter.com>

Insurance: Cigna, CareFirst and Anthem BCBS, Aetna

Ages Serves: all

Emerge Therapy

Provider(s): Melanie Kantor

Address: 461 Carlisle Dr, Herndon VA 20170

Phone: 571 3484589

Website: <https://emergetherapyllc.com/>

Specialities: Neuroaffirming, play therapy

EverWhen Therapy LLC

Address: 3950 Chain Bridge Road #7 Fairfax, VA 22030

Phone: 571-234-9184

Website: <https://everwhentherapy.com/>

Insurance: Anthem CareFirst Cigna and Evernorth TRICARE

Ages Serves: Kids (6-10), Preteen, Teens, adults

Specialities: art therapy, group, EMDR

Family & Child Therapy

Address: 144 Church Street, NW Suite 205 Vienna, VA 22180

Phone: 571-261-7764

Website: <https://familyandchildtherapy.com>

Insurance: out of network

Ages Serves: 4 +

Specialities: art therapy, family therapy, play therapy

Family Therapy Center of Northern Virginia

Address: 19420 Golf Vista Plaza #330 Lansdowne, VA 20176

Phone: 571-733-9736

Website: <http://www.familytherapynova.com>

Insurance: out of network

Ages Serves: all

Specialities: art therapy, play therapy, EMDR

Golden Art Therapy and Counseling

Provider(s): Lindsay Carroll, LPC, ATR-BC

Phone: [\(703\) 828-7110](tel:(703)828-7110)

Website: <https://www.goldenarttherapy.com/>

Insurance: out of network

Ages Serves: 10 +

Specialities: trauma, art therapy

Nouveau Psychological Wellness

Address: 1530 Wilson Boulevard, Suite 360 Arlington, Virginia 22209

Phone: (571) 534-3825

Fax: (571) 376-6941

Website: <https://nouveaupsychology.com/>

Insurance: Out of network

Ages Serves: All ages

Specialities: Neuroaffirming

Playful Therapy

Provider(s): all

Website: <https://playfultherapy.net/>

Insurance: out of network

Ages Serves: all ages

Specialities: neuroaffirming, play therapy

Renew Art Therapy & Counseling

Provider(s): all

Address: 3925 Old Lee Highway, Unit 52-B Fairfax, VA 22030

Phone: 571-418-1714

Website: <https://renewarttherapyandcounseling.com/>

Insurance: out of network

Ages Serves: 6 +

Specialities: art therapy, play therapy, sandtray and EMDR

Sage House Art Therapy and Counseling

Providers(s): all

Address: 11250 Roger Bacon Drive Building 10 Reston Va

Phone: 703-483-9442

Website: <https://sagehousetherapy.com/>

Insurance: Anthem Blue Cross Blue Shield

Ages Serves: all ages

Specialities: art therapy

Sarah Briggs and Associates

Provider(s): all

Address: 10640 Page Ave Suite 340 Fairfax VA 22030

Phone: 571-999-4251

Website: <https://sbriggsassociates.com/>

Insurance: out of network

Ages Serves: Children, teens, adults and families

Specialities: play therapy

Seven Corners Therapy

Provider(s): all

Phone: 703-584-4729

Website: <https://www.sevencornerspsychotherapy.com/appointments>

Insurance: out of network

Ages Serves: all ages

Specialities: Neuroaffirming, play therapy

Think Happy Live Healthy

Provider(s): all

Phone: 703-942-9745

Website: <https://www.thinkhappylivehealthy.com>

Insurance: BCBS (Carefirst & Anthem)

Ages Serves: Children, Teens, and Adults

Specialities: Offer therapy, testing, psychiatry, and wellness services. Specialities of clinicians include anxiety, depression, grief and loss, postpartum support, ADHD, Autism, LGBTQIA+, stress, and trauma.

Couples Counseling

Brian Jacobs, LPC

Provider(s):

Brina Jacobs

Address: 1491 Chain Bridge Road, Suite 302, McLean Va, 22101

Phone: 703-672-0495

Website: <https://brianjacobstherapy.com/services/couples-therapy>

Insurance: out of network

Ages serves: adults

Specialties: couple counseling

Hearth and Home Therapy

Provider(s): Megan robinson

Address: 297 Herndon Parkway, Suite 301, Herndon, VA 20170

Phone: 571.206.4941

Website: <https://www.hearthandhometherapy.com/>

Insurance: out of network

Ages Serves: adults

Specialities: Couple, anxiety, sex therapy

Wellness Through Counseling

1364 Beverly Rd #303 McLean, VA 22101

703-435-8667

admin@wellnessthroughcounseling.com

<https://www.wellnessthroughcounseling.com>

Marriage & Family Therapy LLC

Danielle Blessing Taylor LMFT (Owner)

Licensed Marriage and Family Therapist

<https://mymfts.com>

(202) 569-8845

VA, DC, MD

Family Therapy

Fairfax Integrative Therapy

Address: 10640 Page Ave Suite 330 Fairfax, VA 22030

Phone: 703-744-0609

Website: <https://fairfaxintegrativetherapy.com/>

Insurance: ooo

Ages Serves: Couples, Family, Group and Individual Therapy

Specialities: EMDR, Parent Coaching

Family & Child Therapy

Address: 144 Church Street, NW Suite 205 Vienna, VA 22180

Phone: 571-261-7764

Website: <https://familyandchildtherapy.com>

Insurance: out of network

Ages Serves: 4 +

Specialities: art therapy, family therapy, play therapy

Low Cost Therapy

<https://mermaidcounseling.com/?fbclid=IwAR26B4a2umtfhOPLF0KK2sbMnPNeYl18Fpn3j6BQrJkb7UefPKNHioabBIQ>

<http://www.thehealingprojectllc.com/ao.html>

<https://ghdc.org/mental-health-services/providers/>

<https://www.psychologytoday.com/us/therapists/roberto-c-martinez-multicultural-career-center-alexandria-va/946873?fbclid=IwAR1by69yaYG4Udi2LRcY3YceBGmxw53nJ-eoXqqziJmgPHJQOIiv4zq89XQ>

https://myspectrumcc.com/?fbclid=IwAR31tpH74z9jzHDdl1GB_LzqfWCsVZ2_UEOAWktbzc1OrJzd63lfw4kE9-A

<https://www.feelingmoody.com/>

<https://eirenecounseling.com/?fbclid=IwAR2YLvofF3cN8VXMcI3-N7NsKZ7cWyebbqTzmP91WqG31INCn2QXqQLa6xE>

<https://journeytowellnessvirginia.com/?fbclid=IwAR0nwITesxWGisexISqOus-DhQXtnGpuLwue4YYKVNhtBqn64NnwckmwQnE>

Psychiatrists

Children

Columbia Associates in Psychiatry

2501 N Glebe Rd Ste 303 Arlington VA 22207 (Also, MD & DC)

571-877-8199

Walker Lyerly, MD & Christina Savoy, MSN, PMHNP-BC

TMS Therapy/ Psychiatry

<https://www.columbiapsychiatry-dc.com/about-us/>

Dominion Center for Behavioral Health Services

43130 Amberwood Plaza, STE 140 South Riding VA 20152

703-348-0030

Dr. Gohar Choudhary, MD, Dr. Manjula Sathish, MD & Dr Amanda Baltierra

In-network with most insurances
<https://www.dc4bhs.com>

Fairfax Mental Health and Wellness

Provider(s): Morgan Gocke PMHNP-BC
Address: 3554 Chain Bridge Rd, Suite 200, Fairfax, VA 22030 (in person and telehealth availability)
Phone: 703-896-7628
Website: <https://www.fairfaxpsych.com/>
Insurance: most BCBS insurance plans (Carefirst, Anthem, etc.), WebTPA, Multiplan and Cigna plans (and Atena coming soon)
Ages Serves: 6 and up
Specialities: Medication management; ADHD, Adjustment Disorders, Anxiety, ASD, Bipolar, Depression, Eating Disorders, Mood disorders, OCD, Psychotic Disorders, PTSD

NeuroPsych Wellness Center P.C.

3930 Pender Drive Ste 350 Fairfax VA 22030 (Also, DC)
703-865-8686 (P) 703-865-6506 (F)
Kaiwen Liu Psy.D. & Erin K Sweeney, Psy.D.
In-network with most insurances
<https://www.neuropsych4u.com>

Onward Growth Psychiatry

Provider(s): Tabitha Hapeman
Address: Chesapeake, Virginia
Phone: 757 703 0856
Website: onwardgrowthpsychiatry.com
Insurance: OON
Ages Serves: 5-60
Specialities: neurodivergence, women's health, domestic violence recovery, disordered eating, integrative medicine

Adult and Child Psychiatry

Dr. Ella Peresechenski
6723 Whittier Ave # 405 (4th floor)
McLean, VA 22101
Children and Adolescents
<https://www.childadultpsychiatry.com/>
Not in network -provides superbills

Adults In Network

Bloom Health Centers

801 N Quincy St #601 Arlington VA 22203 (Also, MD)
703-812-4642 (P) 703-812-7926 (F)
Yusuf Azim, MD & Amy Fehrmann, MD

Psychiatry/Evaluation and Testing/Esketamine Therapy/Talk Therapy/ TMS Therapy
info@bloomhealthcenters.com
<https://www.bloomhealthcenters.com>

Dominion Center for Behavioral Health Services

43130 Amberwood Plaza, STE 140 South Riding VA 20152
703-348-0030

Dr Gohar Choudhary, MD & Dr Amanda Baltierra
Individual/Play/Group Therapy/Medication Management/Psychological/Neuropsychological
Testing/Parent Coaching/Bariatric Surgery Eval
<https://www.dc4bhs.com>

Dr Robert Ketcham

1850 Cameron Glen Dr Ste 600 Reston VA 20190
703-481-4100
Depression/Anxiety, Substance abuse, and schizophrenia

FemPsych, LLC

5680 King Centre Dr Alexandria VA 22315
703-962-1321 (P) 703-880-0925 (F)
Dr Abimbola Odukoya, D.O.
18+ (Women only) Depressive/Anxiety Disorders/Reproductive Mood
Disorders/ADHD/Bipolar
<https://www.fempsych.com>

MindVita Wellness

Katarina Mijic-Barisic, MS, MSN, PMHNP-BC
703-278-3767
571-495-2466 (fax)
katarina@mindvita.org
mindvita.org

My Psychiatrist, PLC

12359 Sunrise Valley Dr Ste 320 Reston VA 20191
571-946-2189 (New patient hotline) 703-596-4796 (Existing patients)
703-787-8210 (F)
Madan Uprety, MD
Medication Management/Counseling/TMS/ADHD/Anxiety/Bipolar
<https://myspsych.com/clinicians/>

NeuroPsych Wellness Center P.C.

3930 Pender Drive Ste 350 Fairfax VA 22030 (Also, DC)
(P) 703-865-8686 (F) 703-865-6506
Kaiwen Liu Psy.D. & Erin K Sweeney, Psy.D.
Medication Management/Counseling/Psychotherapy/Depression/Quit Smoking
<https://www.neuropsych4u.com>

Adult Out Of Network

Genesis Psychiatric Solutions

10339 Democracy Lane Ste A Fairfax VA 22030 (Also, DC)

571-748-4971

Dr Ifeanyi Olele

Adolescents, Bipolar Disorder, Psychotherapy, Gene Testing, Women's Mental Health, Obsessive Compulsive Disorder

<https://www.genesispsychiatricsolutions.com>

D.C. Metro Psychiatry

8000 Towers Crescent Dr Ste 1350 Vienna VA 22182

(P) 703-848-9206 (F) 703-848-9207

Dr Nesly I Hneich, MD

ADHD, Adjustment/Depressive Disorder/Anxiety/Pain/Social/Women/PYS/OCD

<https://www.dcmetropsychiatry.com>

Imran Akram, MD

1800 Town Center Dr Ste 420 Reston VA 20190

Tel: 703-574-6311

Fax: 703-738-7733

Email: drimranakram@comprehensivepsychiatry.net

Bipolar Disorder/Depression/ADHD

<https://www.psychologytoday.com/us/psychiatrists/imran-akram-reston-va/203028>

drimranakram@comprehensivepsychiatry.net

Health Peak

8000 Westpark Dr Ste 140 McLean VA 22102

571-249-1948

Dr Temitope Oyegbile, M.D. & Toya Oyegbile-Chidi, M.D., Ph.D.

Child, Adolescent and Adult Psychiatry/Sleep and Neurology Specialization

<https://www.healthpeakinc.com/about-us/>

Psychiatry for Women

Phone 646-397-7210

<https://www.psychiatryforwomen.org/>

Halima al Qawasmi

<https://lifestance.com/provider/halima-al-qawasmi-md/>

Ariel Nickerson

<https://www.optimal-psychiatry.com/our-team/>

Marc Bouchard

<https://inspirebehavioralhealth.com/marc-bouchard-do/>

Speech, PT, and OT

Discovery (Speech, OT)

http://www.discoveryspeechot.com/?fbclid=IwAR0yRJkgLbgsB3N8rCbuh8ie_u3pN5Y4eRcZ96KniGV6nYnxKNjX4Ox7NHq

Good Beginnings (OT, PT)

Herndon and Falls Church

<https://gbtherapy.org/>

Growing Kids Therapy (just speech)

For minimal speaking kids - affirming approach

https://growingkidstherapy.com/?fbclid=IwAR28k2L5b1Bq6hkaxsI3ZR5-Hx7_5Bpqo9ytR0tFykYxnWD2jQSuqsAilC8

Playworks (PT, OT, Speech, ACC, feeding support)

<https://www.playworksspeech.com/>

Passion Flower Family Services (OT)

In MD/DC

<https://www.passionflowerfamilyservices.org/>

Spectrum Pediatrics (Speech, PT, OT):

<http://spectrumpediatrics.com/services/>

Dr. Kiley Gibbs (PT)

Pediatric PT for bathroom concerns

<https://www.kcgpeditricpt.com/>

Registered Dietitian

(In Network)

Total Health Concepts

410 Pine Street Suite 150 Vienna VA 22180

703-259-8500

Virginia Inglese, MA, RD, LCSW, CLC, CEDS & Cynthia Libby, RDN

Eating Disorders/Trauma-Informed/Gender Identity/Nutrition Therapy

<https://totalhealthconcepts.net>

Peak Serenity Counseling

VA teletherapy ONLY
720-335-5880
Nutrition/Counseling/Eating Disorders
info@peakserenitycounseling.com
<https://peakserenitycounseling.com/about-us/>

Mood Balance Nutrition LLC

161A Carlisle Drive Herndon VA 20170 (Also, Richmond, VA)
(P) 703-852-9675 (F) 703-579-1557
Melissa Stitt, RDN & Carly Onopa, MS, RDN, CEDS
Eating Disorder/Intuitive Eating/Mindful Eating/Meal Planning
info@moodbalancenutrition.com
<https://www.moodbalancenutrition.com>

Enlighten Nutrition Counseling and Care LLC

2 Cardinal Park Dr SE Ste 104A Leesburg VA 20175
571-310-6029
Alison Hall (Registered Dietitian) & Helena Ezzeldin (Licensed Dietitian)
Nutrition Counseling/Outpatient Support/Intuitive Eating Group
<https://www.enlightencounselingcare.com>
info@enlightencounselingandcare.com

Potomac Pediatrics

15204 Omega Drive Ste 100 Rockville MD 20850
(P) 301-279-6750 (F) 301-208-8953
ADHD/Anxiety/Body Image/Family Counseling
<https://potomacpediatrics.com>

Capital Area Pediatrics

12950 Highland Crossing Drive Suite H Herndon VA 20171 (Also, MD & DC)
703-860-4200
<https://pediatrichealthnetwork.org>
phn@childrensnational.org

(Out Of Network)

Pinney Davenport Nutrition

1495 Chain Bridge Rd Suite 202 Mclean VA 22101 (Also, DC)
(P) 202-997-6372 (F) 888-861-1249
Sandra Pinney MS, RDN, LD, RYT-200 & Elizabeth Davenport MPH, RDN LD
Individual Medical Nutrition Therapy/Family Based Nutrition Counseling/Meal Support
Groups
Out of Network
information@pinneydavenport.com

Wholesome Chick Nutrition

484-276-2216

Kate Regan RDN, LDN

Intuitive Eating Program/Individual Sessions/Nourished Body Basics Course Community
Preteens-Adults

<https://wholesomechicknutrition.com>

Knopp Nutrition

1312B W Main St Richmond VA 23219 (Telehealth Only)

804-418-2883

Julie Knopp, RD, CEDRD, CISSN

Sports Nutrition/Intuitive Eating/Eating Disorders

<https://knoppnutrition.com>

Courage To Nourish

901 N Washington St Alexandria VA 22314 (Also, MD)

(P) 301-202-4532 (F) 844-904-0458

Bobbi Boteler, RD, LD, CEDRD-S & Rebecca Hart, RD, LDN

Intuitive Eating Counseling/Eating Disorder Recovery/Arfid Nutrition/Support Groups

<https://couragetonourish.com>

Pearl Wellness

821 Chesapeake Ave Suite 3090 Annapolis MD 21403

667-660-4771

Eden Davis, RDN, LDN & Kira Denney, MS, LCPC, LPC, NCC

Out of Network

<https://www.pearlwellnesspractice.com/eden-davis-rdn-ldn>

Eden@pearlwellnesspractice.com

Sam Tyron

<https://www.samtryonrd.com/about-1#/about-me-3>

Bread and Salt

<https://www.breadandsaltnutritiontherapy.com/>

Doctors

Doctors for complex neurology

<https://www.vcuhealth.org/find-a-provider/david-jaffe?fbclid=iwar2alatg01hikrbb6l4ervisiepmels7mbzes-yb1m-etru-z6i7hekhzt0>

Weaver Wellness Care

209 Elden St Suite 209 Herndon VA 20170

703-466-5000

Dr Elizabeth Weaver
<https://www.elizabethweavermd.com>

Dr Ana Paunovic

5454 Wisconsin Ave Suite 1100 Chevy Chase MD 20815
(P) 301-215-9420 (F) 301-215-4470
https://www.medstarhealth.org/doctors/ana-paunovic-md?utm_campaign=mhs_citations&utm_medium=ad_listings&utm_source=rto_seo&utm_term=mmg_doc

Dr Menikina Pesce

20500 Seneca Meadows Pkwy Germantown MD 20876
(P) 301-515-5414 (F) 301-515-5412
<https://doctor.webmd.com/doctor/menikina-pesce-6de881e0-3375-45be-b9bc-2e8da4542708-overview>

(Out Of Network)

Dr Jennifer Gorrelick

3301 Woodburn Rd Suite 306 Annandale VA 22003
(P) 703-349-7434 (F) 703-382-8330
<https://www.jennifergorrelick.com>

Pediatric Doctors

Dr. Laura Tilman

(P) 1-703-327-0075
Will prescribe medication
laura.tilman@southridingpediatrics.com
<https://www.southridingpediatrics.com/>

Pediatric ER

INOVA Children's Fairfax

<https://pmpediatriccare.com/location/virginia-fairfax/>

LGBTQAI+ Affirming Resources

PRIDE Clinic

<https://www.inova.org/locations/inova-primary-care/pride-clinic>

Whitman Walker Health

<https://www.whitman-walker.org/>

SYMAL

<https://smyal.org/>

PRISM Center

<https://novaprismcenter.gay/>

Referrals for Non-Therapy Services

Executive Functioning Coaches

MacDonald Coaching & Consulting

Provider(s): Katherine MacDonald

Address: Mechanicsville, VA

Phone: 804-582-0080

Website: <https://sites.google.com/view/macdonaldcoachingandconsulting/>

Ages Serves: Adolescents and Adults

Specialities: Executive Functioning, Neurodivergent Adolescents and Adults

Cleaning

Homeaglow: <https://www.homeaglow.com/locations/va/reston/>

You can pick your own cleaner

Rates are set by the cleaner with a 5% service fee for the website

Tip is not included, not necessary, but can be appreciated if the job is done well

Book a timeslot not a window

Hairdressers

Glow Studios: <https://glow-studios.com/>

Ashburn

Salon De Zen: <https://www.salondezen.com/>

Alexandria

Dentists

NOVA Dental Dentistry: <https://www.novadentalanesthesia.com/>

Does not take medicare or medicaid

Sees patients for a consult

Can do anesthesia if needed to get through a cleaning

Works with neurodivergent folk and disabilities

Tisseront orthodontics: <https://www.tisserontorthodontics.com/>

Staff is neurodivergent
Client recommended
Therapy dogs

Meet Ups

<https://www.neurodivergentdistrict.com/>

Tutoring

Patina Betcher

703 517 1802

patinabetcher@gmail.com