

# COUNSELING RESOURCE LIST

Updated April 2019

## **HOPEWELL EQUIPPING AND COUNSELING CENTER**

(757) 333-1548

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

### **VIRGINIA BEACH**

4500 Holland Office Park, Suite 320

Virginia Beach, VA 23452

Specialties: individual and marital counseling, psychological testing, addiction, EMDR, play therapy, SOZO.

\*Approximate session cost = \$105. Hopewell offers a discounted rate for regular GBC attendees. No weekends or after hours. Cannot accept insurance. Please contact office for details.

## **LIBERATING LIVES CHRISTIAN COUNSELING AND PSYCHOLOGICAL SERVICES**

(757) 961-3255

<http://www.liberatinglives.org/>

### **NORFOLK**

6325 N. Center Dr. Building 18, Suite 208

Norfolk, VA 23502

Specialties: Individual and marital counseling, full psychological testing and assessments, eating disorders, trauma, emotional regulation, autism spectrum disorders, substance abuse, grief and loss, attachment disorders, EMDR, and mood disorders.

\*Approximate session cost = \$45 resident/\$100 licensed. Accepts Medicaid and other insurance. Saturday and evening hours available

## **RESTORER OF BROKEN WALLS**

<https://restorerofbrokenwalls.com/>

### **CHESAPEAKE**

(757) 547-1811

644 Independence Pkwy

Suite 200

Chesapeake, VA 23320

### **VIRGINIA BEACH**

(757) 689-2680

2697 International Pkwy

Parkway Centre 2 Suite 107

Virginia Beach, VA 23452

Specialties: Individual and marital counseling, autism spectrum disorders, grief and loss, trauma, attachment and bonding issues, EMDR, recovery from abuse/neglect, art therapy.

\*please contact office for details

# Counseling Referral List

## **THE HOPE COUPLES PROJECT**

Couples Clinic

(757) 352-4488

<http://hopecouples.com/>

### **VIRGINIA BEACH**

Regent University

Low-cost specialized care to couples for counseling, pre-marital or relationship improvement.

\* Approximate session cost = \$50-80. No Fridays or weekends. Please contact office for details. Ask them for their Pastor Referral Form.

## **NEW LIFE SUBSTANCE ABUSE & BEHAVIORAL CONSULTANTS, INC.**

(757) 486-1143

<http://www.newlifesabc.com/>

### **VIRGINIA BEACH**

2697 International Pkwy  
Parkway One, Suite 104-1  
Virginia Beach, VA 23452

### **CHESAPEAKE**

808 Live Oak Drive  
Suite 100  
Chesapeake, VA 2332

Specialties: Substance abuse counseling, individual and family counseling, parenting, domestic violence, anger management, gender dysphoria, mental abuse, on-site drug and alcohol testing.

\*Approximate session cost = \$50/\$70. Saturday group sessions and drug screening. Please contact office for details.

## **Melanie Mosbarger, MA, CTT**

<https://www.psychologytoday.com/us/therapists/melanie-mosbarger-virginia-beach-va/294183>

**Waves Psychotherapy Services P.C.**

(757) 685-4453

### **VIRGINIA BEACH**

921 First Colonial Road Suite 1707  
Virginia Beach, VA 23454  
Hablo Español

Specialties: Individual counseling for children, teens, and adults. Anxiety, PTSD, Marriage counseling and divorce counseling. \*Please leave a message and she will return your call. \$50+. Please contact her for details.

# Counseling Referral List

## **CHRISTIAN PSYCHOTHERAPY SERVICES**

<http://christianpsychotherapy.com/>

### **CHESAPEAKE**

609 Independence Pkwy,  
Suite 115  
Chesapeake, VA 23320  
(757) 312-8002

### **NORFOLK**

142 West York Street  
Norfolk, VA 23510  
(757) 622-2114

### **VIRGINIA BEACH**

4460 Corporation Lane  
Virginia Beach, VA 23462  
(757) 490-0377

Specialties: Counseling, Psychological testing, Play therapy, DBT groups, Sexual addiction counseling, EMDR, Neurotherapy, Psychiatric care, Gender dysphoria. Please contact office for details.

## **Jeffrey L. Francis, DMin, MA, LPC, CSAT**

[www.fcchr.org](http://www.fcchr.org)

**Foundations Counseling Center of Hampton Roads**  
757-405-7560

### **VIRGINIA BEACH**

333 Kellam Road, Suite 1  
Virginia Beach, VA 23462

Specialties: Individual, couples, and group counseling. Mental Health Clinician, CSAT, EMDR Therapist, Trauma Specialist.

## **Ron Riffle, M.A., USN, Ret**

[nvnron@gmail.com](mailto:nvnron@gmail.com)

**New Vita Neurotherapy**  
757-631-1300  
757-309-0409

### **VIRGINIA BEACH**

101 N Lynnhaven Road, #200  
Virginia Beach, VA 23452

Specialties: Anxiety, Stress, Truama Counseling, PTSD, Individual, Parenting, Career, Military Transitions.

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## Counseling Referral List

### **GRIEF SHARE**

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

### **DIVORCE CARE**

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

# Counseling Referral List

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## PSYCHIATRIC REFERRALS

**Dr. Jennifer Brown**      Seaside Behavioral Health.  
1072 Laskin Rd Ste 104  
Virginia Beach, VA 23451  
(757) 648-8605

**Dr. Mark Schreiber**      Ocean Psychiatric Group  
770 Lynnhaven Pkwy #240  
Virginia Beach, VA 23452  
(757) 802-4550

**Dr. Craig Karoll**      Center for Effective Change  
641 Lynnhaven Pkwy #240  
Virginia Beach, VA 23452  
(757) 306-4232

**Dr. David Reid**      1060 Laskin Rd. Unit 11B  
Virginia Beach, VA 23451  
(757) 456-0505

**Dr. Patricia King**      1101 Madison Plaza #100  
Chesapeake, VA 23320  
(757) 436-2444