

## Counseling Center Staff



Lisa Beilman, MA, LMHC works with anxiety, depression, self-esteem and relational issues using a person-centered approach. She has worked extensively with stress-related illnesses including Crohn's disease and Irritable Bowel Syndrome. Lisa offers a safe environment for clients.



Carla Bresnahan, MA, LMHC empowers clients whether they are teenagers, adults or couples. Specializing in anxiety, grief, stress and women's issues, Carla perceives herself as the "light" helping individuals build self-reliance.



Cathy Mathwig, M.A., LMHC, NCC is a bilingual (English and Spanish) Licensed Mental Health Counselor. She works with individuals struggling with anxiety, stress, depression, domestic violence, trauma, and self-esteem issues. She provides a safe place for clients to begin cultivating self-compassion and acceptance.



Lisa Quinn, MA, LMHC, is a licensed Psychotherapist and counselor with 18 years of experience. Lisa provides a safe, confidential, compassionate environment, promoting hope, health and healing. She assists you with self-discovery, to make positive change and achieve your goals.



Renee Bronson, MA, NBCC, LMHC, DCE, is a seasoned psychotherapist with 30 years of experience. She welcomes clients from age five through the golden years of life. Her specialty areas addiction, anger management, couples' therapy, divorce, family conflict challenges, and more.

## Counseling Center Staff



Dr. Joanne Mac Pherson, NBCC, LMHC, is the founder and former Director of the Community Counseling Center. She specializes in therapy for depression, anxiety, sex addiction and self-esteem. Dr. MacPherson utilizes a variety of approaches, including cognitive restructuring, mindfulness, EMDR and hypnosis. She brings warmth and insight to therapy, welcoming each person where they are on their journey to wholeness.



Toni Deputy has served as the administrative assistant for the Community Counseling Center since 2003. She works with each client to be able to refer him/her to the appropriate counselor based on their need. She extends a warm welcome to clients creating an atmosphere of helpfulness and maintaining confidentiality.

## Contact Us

All of the counselors at the Community Counseling Center are state Licensed, registered counselors with Masters degrees or higher. In addition, all counselors constantly update their skills through classes and certifications.

The Community Counseling Center is located at 4851 S Apopka-Vineland Road, Orlando, FL 32819, Suite A111, in Building A, with a private entrance. Licensed counselors are available for individual or group counseling from 9:00 a.m. until 5:00 p.m., Monday through Friday.

**407.876.8237**  
**4851 S. Apopka-Vineland Rd.**  
**Orlando, FL 32819**  
[st.lukes.org/counseling](http://st.lukes.org/counseling)

# Caring, Committed, Confidential Counseling

*to empower you to live a balanced  
life in peace, joy, and love.*

**ST LUKE'S** | **COMMUNITY  
COUNSELING  
CENTER**  
UNITED METHODIST CHURCH

## COMMUNITY COUNSELING CENTER

### *About the Counseling Center*

The Community Counseling Center at St. Luke's is a nonprofit group providing counseling services to people of all ages by Licensed Mental Health Counselors. Our supportive center is open to anyone in the community seeking comfort, wholeness and nonjudgmental support. Our counseling services are based on the universal values of healing, caring and confidentiality. Counseling can enable you to gain clarity in your life, while counselors support you through that process, no matter where you are in your journey. Our counselors are both approved providers for many insurance companies and offer a sliding fee scale in addition to the standard fee.

### *How can counseling help me?*

Counselors can provide you with support, insight and solutions whether you are facing a new life challenge, long-standing issues, or are just ready to move in a new direction for personal growth. Counseling can help you create and better understand your goals and values, improve self-esteem, develop skills for managing stress and problem-solving and improve communication skills.

Counselors specialize in these life areas:

- Depression
- Anxiety
- Anger
- Parenting
- Single Parenting
- Self Esteem
- Relationships
- Stress Management
- Addictions
- Domestic Violence
- Pre-marital
- Grief

A variety of therapies such as Hypnosis, EMDR, Cognitive Behavioral Therapy, Mindfulness and Positive Psychology may be used.

### *Workshops*



## ABUNDANT LIFE WORKSHOPS

Abundant Life Workshops address aspects of daily life that occasionally present challenges to everyone. The workshops are educational opportunities to enhance the skills everyone needs to manage relationships and transitions. Past workshops have included "Cracking the Communication Code for Couples," "Principles of Healthy Relationships" and a "Life Coaching Seminar."

"Investing in counseling at St. Luke's gives me a safe place to explore and reframe life experiences in a way that allows me to better perceive and respond to day-to-day circumstances. The process has given me new tools and a healthier perspective to better cope with life's challenges."

"The staff of the Community Counseling Center has helped my children and me through a very dark, difficult time in our lives. Their care, concern, and counseling have been life-saving. I am very grateful for their support."