

## GETTING STARTED: THREE SIMPLE STEPS

1

### Contact Us:

Call us at 407.499.4356 (Monday through Friday, 9:00 a.m. - 5:00 p.m.) or email us at [counseling@st.lukes.org](mailto:counseling@st.lukes.org). A staff member will discuss your needs and go over insurance and payment options.

2

### Counselor Match:

Based on your needs, schedule, and preferences (in-person or virtual), we will match you with a licensed counselor whose expertise aligns with your goals. You can also request a specific counselor when you contact us.

3

### Begin Sessions:

After you complete some initial paperwork, you will be able to start your confidential sessions with your counselor.



## LOCATION AND HOURS

**Address:** 4851 S. Apopka Vineland Road, Orlando, FL 32819

*Located on the St. Luke's United Methodist Church campus in Building A with a private entrance. Parking is available near the Center.*

**Office Hours:** Monday - Friday,  
9:00 a.m. - 5:00 p.m.

*Counseling session appointment times may vary by therapist.*

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***Start your  
journey today.***

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**Call:** 407.499.4356

**Visit:** [st.lukes.org/counseling](https://st.lukes.org/counseling)

**Email:** [counseling@st.lukes.org](mailto:counseling@st.lukes.org)

**ST LUKE'S**  
UNITED METHODIST CHURCH

4851 S. Apopka-Vineland Road  
Orlando, Florida 32819  
407.876.4991  
[www.st.lukes.org](https://www.st.lukes.org)

# ST. LUKE'S Community Counseling Center

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***Support for Every  
Journey***

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## OUR MISSION

The Community Counseling Center is dedicated to making high-quality mental health support accessible to the greater Orlando community. Our licensed mental health professionals provide confidential, non-judgmental care in a safe, affirming space where you can explore life's challenges. We welcome people from all backgrounds, beliefs, and identities. We meet you where you are and walk alongside you on your journey of growth, balance, and self-discovery.

## CORE SERVICES

We provide services for children ages 8+, teens, and adults. All services are provided by licensed mental health professionals. In-person and virtual appointments are available. Services are offered and available in English and Spanish.

### Professional Support For:

- **Individuals**

- Anxiety, Depression, & Stress Management
- Grief & Loss
- Identity & Self-Exploration
- Life Transitions (School & Career, Retirement, & Relocation)
- Substance Use
- Trauma

- **Relationships**

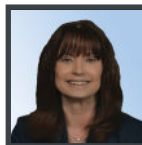
- Couples Counseling
- Communication Issues
- Family Conflict & Dynamics
- Pre-Marriage Counseling

## MEET OUR STAFF

All of our mental health professionals have obtained a master's degree or higher, completed extensive clinical training under supervision, and are authorized by the state to provide professional mental health services. Each of our counselors regularly completes continuing education to maintain their licenses/certifications.



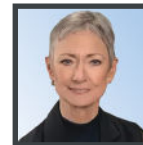
**Dr. Joshua Stanley,**  
LMHC, NCC, ACS  
*Director*



**Carla Bresnahan,**  
MA, LMHC



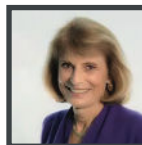
**Katherine  
Bresnahan,**  
MA, LMHC



**Renee Bronson,**  
MA, LMHC



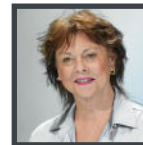
**Toni Deputy**  
*Office Manager*



**Dr. Joanne MacPherson,**  
LMHC



**Cathy Mathwig,**  
MA, LMHC  
*(Bilingual in Spanish)*



**Lisa Quinn,**  
MA, LMHC, NCC

## SERVICES AND FEES

Our mission is to make high-quality mental health support accessible and affordable to our entire community. As such, there are several options for paying for counseling services.

### Insurance

Many of our counselors are in-network with major insurance carriers, like Aetna, Cigna, Florida Blue, and United Healthcare. Mental health benefits may vary based on your plan. Please contact us to verify your specific coverage and benefits.

### Self-Pay

Some individuals may choose to pay out of pocket for counseling services. The counseling center has a standard self-pay rate. Payments can be made at the time of service via check or credit card.

### Financial Assistance

As a nonprofit, we are committed to reducing financial barriers to access. A sliding scale may be available based on household income and family size. Scholarship funds may be available for those who need it.

*“Life is not a problem to be solved,  
but a reality to be experienced.”*

*- Søren Kierkegaard*