Last Updated: April 2024

Calvary Assembly Counselors Information

If you are currently experiencing suicidal ideation, please contact Lifeline at 585-275-5151, 911, or your primary care physician.

Second, you can find a list of Christian counselors at PsychologyToday.com. Click this link for Christian counselors in our area.

Robyn Englert, LCSW

- Web: http://www.robynenglertcounseling.com
- 95 Allens Creek Road Building 1, Suite 311 Rochester, New York 14618
- 585.371.8548
- Robyn@robynenglertcounseling.com

Notes: Highly recommended Christian counselor (for all areas below).

Areas of Specialty

- Adolescents
- Anxiety
- Assertiveness and Boundary Development
- Career exploration & College life
- Communication
- Dating and Relationships Dynamics
- Depression (general, situation, and major depression)*
- Disordered Eating
- Emotional Regulation
- Family systems and Parenting Challenges
- Grief / Bereavement Counseling
- Life Transition
- Premarital Counseling (training in Prepare Enrich)
- Self-worth
- Spirituality (including Christian Counseling)
- Stress Management

Kathy Elliot Counseling

- Web: http://kathyelliottcounseling.com
- Phone: 585.270.1285
- Cost: ~$95/hour
- Notes: Started Agape Counseling. Solid Christian with many years of experience and has helped hundreds of people in our community.

Areas of special interest include:

- Communication/Relationship Skills/Conflict Resolution
- Marriage Issues, Premarital Preparation
- Grief, Forgiveness, Depression, Stress, Anger
- Abuse Recovery
- Consultation to Pastors and Leaders
- Training and Coaching Lay Counselors and Ministry Leaders
- Integrating Christian Principles in the Healing Process
- EMDR Therapy

Michael Lastoria

- Phone: (585) 808-5370
- Email Contact: mlastoria.lmft19@gmail.com
- Notes: Marriage & Family Therapist. Great counselor on a variety of topics. Highest recommendation. Only available on Fridays.

Anita McCloud

- Email: anita@anitamcleodcounseling.com

- Web: http://www.anitamcleodcounseling.com

- Specialties: Attaining a better understanding of yourself, your goals and values, Developing skills for improving your relationships, Finding resolution to the issues or concerns that led you to seek therapy, Learning new ways to cope with stress and anxiety, Managing anger, grief, depression, and other emotional pressures, Improving communications and listening skills, Changing old behavior patterns and developing new ones, Discovering new ways to solve problems in your family or marriage, Improving your self-esteem and boosting self-confidence

- Phone: 585-967-9700

- Location: Near RIT; 250-B Lucius Gordon Drive, Suite 4B West Henrietta, New York 14586

- Notes: Highly recommended by Jennifer Cannan after her tragedy. Described her as “bubbly and positive, but not at all in an annoying way.” Katie Southard also said her friends had very good experiences with her.

- Insurance:
  Although, I am not contracted with insurance plans, services may be covered in part by utilizing your out of network benefits. If you choose to use your HSA, (Health Savings Account), you are covered at 100% as long as you have enough to cover my fee in your account. I am contracted with several employers for EAP services (Employee Assistance Programs). Check with your Human Resource Representative

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Agape Counseling Associates

- Web: http://www.agaperoc.org

- Phone: 585.385.6030

- Cost: ~$95

- Notes: Known reputation in our area for a long time as a great group of Christian counselors.

Francesca Prisco

- Email: prisco_francesca@yahoo.com

- Specialties: Licensed Family and Marriage Therapist. Presented at Calvary in January 2024 as part of our “Marriage Investment Nights” series.
- Phone: 585-520-7020

Phil A Wood Ph. D. LCC

- Email: DrPhilNY@gmail.com
- Specialties: Certified abuse and crisis therapist
- Phone: 585.503.7845
- Location: 1200 Scottsville Rd Suite 140 Rochester NY 14616
- Notes: Do not know have much experience with him, just have his business card. From Hillside Children’s Center.
- Web: https://www.hillside.com/about-us/family-agencies/hcc-affiliate/
- Notes: Hillside Children’s Center (HCC) is a provider of care for youth and families with a wide range of emotional, behavioral, or life-circumstance challenges. HCC offers mental health, child welfare, juvenile justice, special education, safety net, and developmental disabilities services to children and families.

Daniel Fee, LMSW

- Phone: 585.615.1587 or (585) 271-2520
- Cost: Based on income?
- Location: 46 Prince St Rochester NY or 1000 Elmwood Ave Rochester, NY 14620
- Notes: Worked at Agape for 6 years before starting his own practice. Works on a sliding pay scale.

Emerge Ministries

- Notes: For Assembly of God pastors struggling.

Damaris Attanasio

- https://www.roccitycounseling.com/damaris-attanasio-lcsw/
- Specialties: Anxiety, Grief, Self-esteem, Codependency, Life transitions, Young Adults
- Accepts: Aetna, Cigna, Oscar Health, United Healthcare, Oxford, and HSA&FSA
- Rate: $115 per individual session
- 140 Allens Creek Road, Suite 120, Rochester, NY 14618
- (585) 294-2291
- damarislcsw@gmail.com

Notes: Longtime member of Calvary Assembly who uses CBT/DBT to help serve her clients.

Denise Hyland

- Offers counseling through our church (info at rCalvary.org/counseling or email info@rcalvary.org). If you didn't want to see her throu gh our church, but wanted to talk to her about her private practice, you could do so directly. However, if you take up this option, you would forgo the discounted rate that the church helps subsidize.
- Email: denisehylandlmhc@gmail.com
- Phone: 585-766-3831

What to Ask an Insurance Company To See If You Are Eligible for Benefits:

- What are my mental health benefits?
- What is the coverage amount per therapy session?
- How many therapy sessions does my plan cover?
- How much does my insurance pay for an out-of-network provider?

- Is approval required from my primary care physician?

“Warm” lines of support:

- Someone to talk to who is trained/experienced in mental health issues
- Non-emergency service

Empowerment Center in New York

- Monday – Friday 9am – 5pm
- 518-268-1663

Rise New York

- 24/7 availability
- 1-800-643-7462

NYC Well

- 24/7 availability
- 1-888-692-9355, press 2, then 1

Mental Health Association

- 9am – 5pm / 7 days weekly
- 585-454-3530

Rochester NY Mental Health Resources

NAMI Rochester (National Alliance on Mental Illness)

- 320 N. Goodman Street
- 585-423-1593
- www.namiroc.org

Mental Health Association

- 539 South Ave, Rochester, NY 14620
- 585-325-3145
- www.mharochester.org (see “services”)

National Resources

- Crisis text: 741741
- Crisis Chat: suicidepreventionlifeline.org/chat
- Crisis phone: 1-800-273-8255