



RESOURCES

CLARITY COUNSELING CENTER



505 S. Independence Blvd. Ste 207 Virginia Beach, VA 23452

DELIA WELGE LCSW

757-994-4014

delia@therapysecure.com

SOPHIE HENDERSON, LPC

757-287-7353

Sophie.Henderson.LPC@gmail.com

LIGHTHOUSE COUNSELING



4460 Corporation Lane Suite 300 Virginia Beach, VA 23462

(757) 376-8167

www.Lighthouse-counselingLLC.com

SPECIALTIES

Adoption, Anxiety, Christian Counseling, Clinical Supervision, Coping Skills, Depression, Dissociative Disorders, EMDR, EMI, Grief, Loss, Mood Disorders, Play Therapy, Relationships, Sozo, Trauma, TF-CBT

**Accepts Anthem, Tricare, Optima, Champ VA, Aetna- (Out of network)*

HOPEWELL EQUIPPING AND COUNSELING CENTER



4500 Holland Office Park, Suite 320 Virginia Beach, VA 23452

(757) 333-1548

www.hopewellmin.org

SPECIALTIES

Individual and marital counseling, psychological testing, addiction, EMDR, play therapy, SOZO.

**No weekends or after hours. Cannot accept insurance.*

Please contact the office for details.

FRONT PORCH COUNSELING AND WELLNESS



116 Landmark Square, Suite 103 Virginia Beach, VA 23452

KRISTIN STOCK LPC, NCC

Kristin@frontporchcounselingandwellness.com

www.frontporchcounselingandwellness.clientsecure.me

SPECIALTIES

Focuses on relationships, individual counseling, and couples therapy using Internal Family Systems (IFS), Dialectical Behavior Therapy (DBT), and Emotionally Focused Therapy (EFT)

NEW MERCIES COUNSELING



2006 Old Greenbrier Rd., Suite 6 Chesapeake, VA 23320

(757) 263-0434

www.newmerciescounselingvb.com

SPECIALTIES

Individual, Couples, Family, & Child Therapy

**Accepts most insurances: Anthem Blue Cross Blue Shield, UHC, Aetna, Sentara Health Plans, Tricare (certified, Non-network).*

THRIVEWORKS COUNSELING



Multiple Locations in the 757

(757) 520-0827

www.thriveworks.com

SPECIALTIES

ADHD, Addiction, Anger, Autism, Behavioral Issues, Bipolar Disorder, Borderline Personality, Career, Chronic Illness, Coping Skills, Divorce / Breakup, Domestic Abuse, Eating Disorder, Infidelity, Medical / Health Issues, Military / Veteran, Narcissism, OCD / Obsessive-Compulsive, Postpartum / Pregnancy, Self Esteem, Self Harm, Sex Therapy, Sexual Abuse, Sleep / Insomnia, Stress*No weekends or after hours. Cannot accept insurance.

**Accepts All major insurances except Medicaid*

LIFESTANCE THERAPISTS



Multiple Locations in the 757

(804) 204-6737

www.lifescape.com

SPECIALTIES

Anxiety, Addiction, ADHD, Child & Adolescent Psychiatry, Christian Counseling, Couple's Therapy, Depression, Eating Therapy, EMDR, Family Therapy, Grief, Intensive, PTSD, PPD, Trauma

**Accepts most insurances*

WAMPLER COUNSELING & CONSULTING



757-741-8766

www.wamplercounseling.com

alton@wamplercounseling.com

**Cannot accept insurance. Please contact the office for details.*

RESTORER OF BROKEN WALLS



restorerofbrokenwalls.com

(757) 547-1811

644 Independence Pkwy, Suite 200
Chesapeake, VA 23320

(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 the office for details regarding payment options. Accepts Anthem HealthKeepers Gold*

THE HOPE COUPLES PROJECT



Couples Clinic at Regent University

(757) 352-4488

www.hopecouples.com

SPECIALTIES

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

**No Fridays or weekends. Please contact the office for details. Ask them for their Pastor Referral Form. They do not accept any insurance but offer extremely discounted rates.*

COVA COUNSELING



101 North Lynnhaven Road, Suite 308 Virginia Beach, VA 23452

757-222-4944

www.covavb.com

SPECIALTIES

Play therapy for children, teens, art therapy, couples/marriage therapy, premarital, family and individual therapy.

**Accept Most insurances accepted, reduced rates, intern and residents on site, flexible schedules, after school hours and weekend hours*

NEW VITA NEUROTHERAPY



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

(757)-631-1300

www.newvitaneurotherapycenter.com

SPECIALTIES

Anxiety, Stress, Trauma Counseling, PTSD, Individual, Parenting, Career, Military Transitions.

PSYCHIATRIC REFERRALS

CENTER FOR EFFECTIVE CHANGE
DR. CRAIG KAROLL



641 Lynnhaven Pkwy #240 Virginia Beach, VA 23452

(757) 306-4232

**Accepts Anthem HealthKeepers Gold*

DR. DAVID REID



1060 Laskin Road, Unit 11B Virginia Beach, VA 23451

(757) 456-0505

**Does not accept Anthem HealthKeepers Gold*

OTHER

GRIEF SHARE | www.griefshare.org/

DIVORCE CARE | www.divorcecare.org/