

# Counseling Services

The C.A.R.E. Directory (Coordinating Area Resources Effectively) is a compilation of non-profit corporations, groups, organizations, services clubs, and service providers operating in Crow Wing County.

This reference manual is always accepting more information. If your organization fits into one of our headings, please call or email us with your information so we can keep our CARE directory up to date.

**Brainerd Community Action**  
213 S. 5th Street  
Brainerd, MN 56401  
**Office:** 218.829.5278  
**E-mail:**  
holly@brainerdcommunityaction.org

## **Associated Psychological Services**

3815 County Road 45 S

Brainerd, MN 56401

Contact: Robert Valesano, 218-829-2835

Services: Behavior therapy and counseling for children, adolescents and families. Assessments for special needs and developmentally disabled clients are available.

## **Center for Personal Counseling and Therapy**

5901 Jepson Rd S

Baxter, MN 56425

Contact: Carol Schwarzkopf, PhD, L.P., 218-829-0787

General counseling including individual, family, relationship.

## **CORE Professional Services, PA**

617 Oak St.

Brainerd, MN 56401

Contact: 218-829-7140

Licensed clinicians providing counseling to children, adolescents, and adults who are experiencing difficulties with life experiences. Programs include: Individual & family counseling, sexual abuse; sexually compulsive behaviors; anger assessment & management, victim counseling, psychological assessments, including polygraph examinations. Services covered by MNCARE, MA and many insurance plans.

## **Cornerstone Counseling Center**

14275 Golf Course Road

Baxter, MN 56425

Contact: 218-828-1028

We provide marriage and family therapist diagnose and treat mental and emotional issues and concern within marriages, couples, and families. Please call for more information.

## **Displaced Homemakers Program, META 5**

501 West College Drive

Brainerd, MN 56401

Contact: 828-2538

Toll-Free: 1-800-933-0346

A program to assist displaced homemakers with career planning and personal skill development, pre-employment preparation through support groups.

**Early Childhood Special Education**

315 Charles St.  
Brainerd, MN 56401  
Contact: 218-828-7003  
Toll-Free: 1-877-828-7003  
Patricia.wright@isd181.org  
Kathy.daly@isd181.org

A Minnesota-mandated community program developed to coordinate the current services and funding being provided within the community for handicapped children under the age of five, and their families. The interagency also develops individual education and service plans to appropriately serve the handicapped or special needs child under the age of seven (and not in school yet) and their families.

**Family Counseling Services, Inc.**

318 East Main  
Crosby, MN 56441  
Contact: 218-546-8375  
Toll-Free: 1-888-420-2778

Individual, marital, and family counseling. Adolescents and adults. Physical and sexual abuse issues. Eating disorders, grief, depression, and anxiety disorders. Licensed psychologists.

**Financial Counseling Service - LSS**

716 E St. NE  
Brainerd, MN 56401  
Contact: 218-829-5000  
Toll-Free: 1-888-577-2227

Lutheran Social Service Financial Counseling works with individuals and families to solve their debt and financial problems. Services include: Budget Counseling, Mortgage Foreclosure, Debt Repayment Program, Credit Report Review and Community Education Programs. Our goal is to help individuals and families on a path toward financial recovery. All services are confidential.

**Gunderson, Gary, M.S., L.P.**

24356 Smiley Rd.  
Nisswa, MN 56468  
Contact: 218-838-2448

Out-patient counseling services for children, adolescents, couples & families offering psychological, sexual offender, and parenting evaluations. Child custody disputes & divorce mediation.

**Holistic Psychological Services**

324 S 5th St  
Brainerd, MN 56401  
Contact: Randall Bundy, 218-829-1063  
Toll-Free: 1-888-829-1063

Holistic wellness program emphasizing health in body, mind, spirit, and relationships. For adults and children who are experiencing difficulty in their lives.

**Lakeland Psychiatry Clinic**

523 North 3rd St.  
Brainerd, MN 56401  
Contact: 218-828-7394

Outpatient psychiatric services for adults, adolescents, and children. Clinic hours: Monday-Friday 8 AM to 5 PM. Provide psychiatric treatment; early intervention for mental illness; mental health evaluations; psychiatric case management, central intake/assessment and psychopharmacology.

**Lakes Area Chaplaincy Program**

P.O. Box 948  
Brainerd, MN 56401  
Contact: 218-851-4563  
Davidgreaver@midwestchamplains.org

Offer counseling and emotional help in times of crisis. Help answer spiritual questions during difficult times. Provide support to inmates in the county jail as well as training and education. Offer help in domestic situations. Death notifications, major accidents, critical incident debriefings. Also collaborates with fire departments and First Responders.

**Lakes Area Pregnancy Support Center, (LAPS)**

413 8<sup>th</sup> Ave. NE  
Brainerd, MN 56401  
Contact: 218-825-0793  
Toll-Free: 1-800-395-HELP

[help@yourpregnancyoptions.com](mailto:help@yourpregnancyoptions.com)

LAPS offers emotional, practical and spiritual support to any woman, man, or family facing difficult pregnancy situations. Free pregnancy tests; confidential, ongoing support counseling; housing; post-abortion support; material assistance; support for fathers-to-be; relationship/abstinence counseling. Referrals for medical care, adoption, professional counseling, legal aid and financial assistance. All services free of charge. Hours are 11 am - 4 pm Monday-Thursday.

**Lakes Country Counseling**

7251 Excelsior Rd

Baxter, MN 56425

Contact: 218-454-0878

Toll-Free: 1-888-420-2778

[lakescountrycounseling.com](http://lakescountrycounseling.com)

[admin@lakescountrycounseling.com](mailto:admin@lakescountrycounseling.com)

The mission of Lakes Country Counseling is to provide mental health services that foster and inspire hope, compassion, personal growth, and healing for individuals and families by coming alongside people in times of need; offering genuine respect and empathy for individuals on their spiritual, emotional, and mental health journeys. We offer unique, comfortable, and welcoming experience by finding creative ways to meet diverse needs of individuals, families and communities. Please call or email us for individual, couples, or family therapy consultation today.

**Lighthouse Counseling - Cathy Liane, MS,  
Licensed Psychologist**

P.O. Box 68

Nisswa, MN 56468

Contact: 218-821-4923

[www.lighthousecounseling.info](http://www.lighthousecounseling.info)

Psychological therapy and counseling services provided to individuals, groups, couples and families. Most insurance and Medical Assistance accepted. Meditation groups accepted by request. Self-hypnosis taught. Please contact Cathy Laine for further information.

**Minnesota Children with Special Needs -  
Minnesota Dept. of Health**

P.O. Box 64882

St. Paul, MN 55164

Contact: 651-201-3650

Toll-Free: 800-728-5420

[mcshnweb@health.state.mn.us](mailto:mcshnweb@health.state.mn.us)

MCSHN is a state health department program accountable for the successful performance of core public health functions on behalf of children and youth with special health needs, their families and their communities. Children and youth with special health care needs are those who have (or who are at increased risk for) a chronic physical, developmental, behavioral or emotional condition and who also require health and related services of a type or amount beyond that generally required. Please call or go online for further information.

**Minnesota Psychological Resources (MPR)**

4325 Woodman Street Suite 200 - PO Box 413

Pequot Lakes, MN 56472

Contact: 218-568-4500

[www.mnpr.com](http://www.mnpr.com)

Licensed Rule 29 Mental Health Clinic offering services to all ages. Treats individuals, families, couples and offers several therapy groups. Assessments & testing. Accepts many major insurance policies and offers a sliding fee scale. Also offers seminars and public presentations.

**Northern Pines Mental Health Center, Inc.**

520 5th St NW

Brainerd, MN 56401

Contact: 218-829-3235

Toll-Free: 1-800-566-3235

Provides broad-spectrum mental health services, including outpatient counseling, psychiatry and medication management, psychological testing, day treatment, in-home services, emergency intervention, EAP services, and public education/prevention programs. Serves all persons in need of our services, regardless of the client's ability to pay.

**Nystrom & Associates, Ltd.**

13021 Evergreen Drive

Baxter, MN 56425

Contact: 218-829-9307

[www.nystromcounseling.com](http://www.nystromcounseling.com)

Christian-based, licensed Rule 29 outpatient mental health clinic providing individual, marriage, and family therapy, psychiatric services, including medication management, psychological testing (children and adults), group therapy, workshops and seminars.

**Our Place**

323 S 9th

Brainerd, MN 56401

Contact: 218-828-4877

Provides community support services for Crow Wing County residents who have a serious and persistent mental illness. Offers drop-in hours, day treatment groups, outreach services, and housing support assistance. Our Place is a division of Northern Pines Mental Health Center, Inc. Referrals from case manager, therapist or other mental health professional.

**Professional Family Based Division (PFBD)**

13045 Falcon Drive  
Baxter, MN 56425  
Contact: 218 829-9307

We provide In-home mental health services to children and their families. We use system approach as the participation of family in the process will produce the greater chance for success. Our staff meets with the child and/or family at least two times a week for extended hours. We are available to meet with families in their homes, the child's school, daycare or another appropriate community location. The mental health professional conducts the intake in the family's home to provide the diagnostic assessment. Subsequent appointments are kept by the mental health practitioner, individual and family skills. Check out our website for more information.

**Sexual Assault Services**

324 Sth 5<sup>th</sup> Street  
Brainerd, MN 56401  
Contact: 218-828-0494  
Toll-Free: 1-888-458-0494

Crisis intervention, legal, court and medical advocacy, & support counseling for survivors of sexual violence and their loved ones. Information and referral to mental health professionals, community education and professional training. Trained speakers for youth groups and young children's presentations. SAS also maintains a speaker's bureau on topics of sexual violence and related topics. **ADVOCATES ON CALL 24-HOURS**

**St. Gabriel's Hospital**

815 SE 2nd Street  
Little Falls, MN 56345  
Contact: 320-632-5441  
[www.stgabriels.com](http://www.stgabriels.com)

A non-profit community hospital offering a broad range of inpatient and outpatient services.

**Tetreault, George, Psychologist**

11614 River Vista Dr.  
Baxter, MN 56425  
Contact: 218-829-0905

Psychological therapy and counseling services to individuals, groups, couples, families. Rule 25 assessments, psychological evaluations.

**The Counseling Center - LSS**

523 North 3rd St.  
Brainerd, MN 56401  
Contact: 218-828-7379

Outpatient mental health counseling services, including; individual, couple, family, group, child and adolescent counseling. Provides for most insurances including Medicare & MA, sliding fee scale available. The Counseling Center is a program of Lutheran Social Service of MN. Call for appointment.

**The Insight Network**

601 NW 5th St., Suite 4  
Brainerd, MN 56401  
Contact: 218-839-3095  
[theinsightnetwork.com](http://theinsightnetwork.com)

The Insight Network is a collaborative of independent/autonomous mental health professionals that provide counseling and therapy that comes right to you in your own home (including assisted living or nursing homes).

Do you suffer from many losses, have you experienced painful life changes, painful memories, or relationship issues, we can help you with this.

The Insight Network is not strictly limited to older adults. We can serve any age client who prefers to receive service in the privacy of their home.

You are eligible for services if you have difficulty getting to a clinic or uncomfortable in a clinic setting or just prefer to receive services in your home. A doctor's order is not necessary to receive services. Please check out our website for more information.

**The Therapist**

324 S. 5th Street., Suite J  
Brainerd, MN 56401  
Contact: 218-454-3288  
<http://counselingandlifecoaching.com/>

The Therapist, PLC a counseling and life coaching practice established to assist clients in achieving their goals. We offer conventional therapy for individuals, ages 18 and up. Working with issues such as anxiety, depression, assertive communication, boundaries and more.