Services Offered

Counseling for individuals, couples, families, adults and children.

Counseling focus can include, anxiety, depression, adjustment distress, Christian counseling, and general mental health needs.

Getting Started

There are three steps to counseling care:

1. **Consultation**: A brief 15-30 minute meeting with our counseling director to explain services that are offered and help you make an informed decision for your care.

2. **Intake**: Initial session with your counselor to gather information and establish services. Consents are signed, and goals for therapy are established.

3. **Scheduled sessions**: Generally there are 6-8 sessions, with each session lasting 40-60 minutes.

Additional Resources

**In-Patient Treatment**

**Free By The Sea**
360-665-4494 | www.freebythesea.com
P.O. Box 399, Ocean Park, WA 98640

**First Step Community Counseling Services**
509-735-6900 | firststepccc.com
415 N. Morain, Kennewick, WA 99336
3221 W. Court St., Pasco, WA 99301

**Addiction Support**

https://avenue.works - Avenue creates a safe place for men to restore sexual integrity and women to overcome wounds from the impact of broken intimacy and trust.

Puredesire.org - Pure Desire Ministries International provides a task centered treatment model for singles and married couples, delivered within the framework of sound biblical principles.

**Avenue/Pure Desire Groups**
- Wednesday & Thursday Nights
- c3tricities.com/counseling-prayer

**Assessment & Treatment Associates**
509-380-5292 | www.assesstreat.com
9221 Sandifur Parkway, Suite D, Pasco
Our commitment to serve you and address your mental health needs extends beyond the walls of C3. Below is a list of our recommended outside network of counselors, their specialties and contact information.

**Carol Harting, MS, LMHC  *  
509-783-0927 | carolhartinglmhc@aol.com  
1409 N. Pittsburgh St., Suite C, Kennewick**

**Ages:** all  
**Services:** abuse, anxiety, children's issues, depression, divorce, marriage/family, PTSD  
**Insurance:** Aetna, TriCare, United Health Care, Cigna, Premera Blue Cross, Asuris, Apple Health Plans, many EAP programs

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**Jenny Rainey-Gibson, LMFT  †  
509-240-7991 | jraineygibson@gmail.com  
3311 W. Clearwater Ave., Suite D-245, Kennewick**

**Ages:** all  
**Services:** marriage & family concerns  
**Insurance:** Premera, Regence Blue Shield, FEP Blue, LifeWise, Anthem, United Health Care, Providence, MHN, Amerigroup, Molina, Kaiser Permanente, First Choice Health, Cigna, Community Health Plan Washington, Aetna, many EAP programs

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**Jan Michael, MSW, LICSW  †  
Integrate Counseling Services  
509-851-3280 | janmichaelmsw@gmail.com  
8350 W. Grandridge Blvd., Suite 200, Kennewick**

**Ages:** young adult - senior citizens  
**Services:** abuse, anxiety, depression, relationships. Specializing in setting boundaries and shame resilience.  
**Insurance:** Medicare, Premera/BlueCross, LifeWise, Aetna, United Behavioral Health, First Choice Health

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**BJ Olsen, MS, LMHC, Executive Director  †  
Emmaus Center (+ 7 more staff therapists)  
509-295-6204 | bjo@theemmauscenter.com  
emmauscounseling.org  
1124 Stevens Drive, Richland (and Walla Walla)**

**Ages:** all  
**Services:** abuse, anxiety, depression, relationships, marriage, family. Telehealth appointments available.  
**Insurance:** most insurance plans accepted

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**Melissa Parnell (online counseling)  †  
Parnell Relationship Counseling  
360-334-7912  
parnell-relationship-consulting.com**

**Ages:** adult  
**Services:** betrayal trauma, couples counseling

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**Kenneth Cole, PsyD  †  
Center for Psychological Services  
509-737-9009 | c4p@center4psych.com  
www.center4psych.com  
6816 W. Grandridge Ave., Suite D, Kennewick**

**Ages:** all  
**Services:** forensic assessment, parenting evaluation, psychological evaluations, psychotherapy  
**Insurance:** cash only

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**Ryan Bradley, LMHC  †  
Canyon Lakes Counseling  
509-591-0462  
3801 S. Zintel Way, Suite 120, Kennewick**

**Ages:** all  
**Services:** marriage, family, parent/child, trauma, adoption/foster care, general counseling.  
**Insurance:** most insurances accepted, call to verify if your network is covered. Sliding scale fee available.

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**Sandi Paradiso**

509-308-6383 | sparadiso50@gmail.com  
- Monday & Tuesday mornings  
- $25/session (scholarships available)  
- Dave Ramsey Certified

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**Additional Resources**

**Financial Coaching**

Sandi Paradiso