

## 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.

509-627-2055 | [c3tricity.com/counseling-prayer](http://c3tricity.com/counseling-prayer)

## ADDITIONAL RESOURCES

### Financial Coaching

#### Ramsey Financial Coach Network

[www.daveramsey.com/coaching](http://www.daveramsey.com/coaching)

#### Sandi Paradiso

509-308-6383 | [sparadiso50@gmail.com](mailto:sparadiso50@gmail.com)

Monday & Tuesday mornings, \$25/session (scholarships available), Dave Ramsey Certified

### In-Patient Treatment

#### Free By The Sea

360-665-4494 | [www.freebythesea.com](http://www.freebythesea.com)

P.O. Box 399, Ocean Park, WA 98640

#### First Step Community Counseling Services

509-735-6900 | [firststepccs.com](http://firststepccs.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](http://PureDesire.org) - Pure Desire Ministries Intl. provides a task centered treatment model for singles and married couples, delivered within the framework of sound biblical principles.

#### Avenue/Pure Desire Groups

Wed. & Thurs. Nights | [c3tricity.com/relationships](http://c3tricity.com/relationships)

#### Assessment & Treatment Associates

509-380-5292 | [www.assesstreat.com](http://www.assesstreat.com)

9221 Sandifur Parkway, Suite D, Pasco



COUNSELING  
NETWORK

## C3 NETWORK COUNSELORS

In the event that you need services or time frames that are not available on campus, we have a network of counselors in the community you can reach out to. Below is a list of our network counselors with some brief information to help you make an informed choice.

### 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.

### Kenneth Cole, PsyD †

*Center for Psychological Services*

509-737-9009 | [c4p@center4psych.com](mailto:c4p@center4psych.com)

[www.center4psych.com](http://www.center4psych.com)

6816 W. Grandridge Ave., Suite D, Kennewick

**Ages:** all

**Services:** forensic assessment, parenting evaluation, psychological evaluations, psychotherapy

**Insurance:** cash only

### Carol Harting, MS, LMHC \*

509-783-0927 | [carolhartinglmhc@aol.com](mailto: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

### Jan Michael, MSW, LICSW †

*Integrate Counseling Services*

509-851-3280 | [janmichaelsmsw@gmail.com](mailto:janmichaelsmsw@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

### BJ Olsen, MS, LMHC, Executive Director †

*Emmaus Center (+ 7 more staff therapists)*

509-295-6204 | [bjo@theemmauscenter.com](mailto:bjo@theemmauscenter.com)

[emmauscounseling.org](http://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

### Melissa Parnell (online counseling) †

*Parnell Relationship Counseling*

360-334-7912

[parnell-relationship-consulting.com](http://parnell-relationship-consulting.com)

**Ages:** adult

**Services:** betrayal trauma, couples counseling

### Jenny Rainey-Gibson, LMFT †

509-240-7991 | [jraineygibson@gmail.com](mailto: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

### Jessica Wallace, MA, LMHCA, NCC †

509-676-6735 | [jessica@renewcounseling.care](mailto:jessica@renewcounseling.care)

[www.renewcounseling.care](http://www.renewcounseling.care)

600 Shockley Road, Richland (inside Bethel Church)

**Ages:** adult

**Services:** marriage & couples, anxiety, history of trauma and related disorders, general mental health counseling.

**Insurance:** out of network

† Christian Counselor

\* Christian Friendly Counselor