



LATESHA NEWSOM, MSW, LCSW

Latesha Newson, MSW, LCSW is a licensed clinical social worker who is passionate about helping others gain stability through wholeness. She is skilled in trauma informed cognitive behavioral therapy, family therapy, grief therapy, and play therapy with children. She has been a practicing therapist for the past seven years. Latesha is experienced with helping individual clients and their families identify and successfully overcome their challenges and restore harmony in the family system.

“Wholeness is a journey towards your personal transformation”- Latesha Newson, MSW, LCSW

ARIEL FOX, MSW

My name is Ariel Fox , Master of Social Work (MSW) and I am here to support you. I hold a Master of Social Work degree from the University of Illinois at Chicago and a Bachelor of Psychology with a minor in Social Work from Lewis University. As a mental health professional, it is my goal to provide support in your greatest time of need utilizing strength based and solution focused approaches. During my career as a Social Worker, I have worked with youth and families in the foster care system. Additionally, I have provided support services to those with severe mental health struggles as well as developmental delays. I have experience in crisis intervention with both youth and adults. I specialize in working with youth, traditional and nontraditional families. I have emphasized on utilizing your strengths to build confidence and self-esteem.

Everyone needs a safe judgment free place to tackle the issues that may be sensitive or personal which can cause stress in your life. If you are experiencing stress related to trauma, your relationships with others, work, grief, current world issues, or are concerned about your overall health and wellness I am here to assist you on the road to wellness. Just because no one else can heal or do your inner work for you does not mean you can, should, or need to do it alone. I am here to support you every step of the way.

CHRISTINA ADAMS, MSW

At times this journey called life can be lonely and come with a lot of twists and turns that can be very difficult to navigate. You don't have to do it alone. Hi my name is Christina Adams, MSW and I am a mental health professional who is here to help you with your life stressors from a strength-based and empathic approach. I hold a Master of Social Work from Michigan State University and a Bachelor of Social Work from the University of Illinois at Springfield. I have provided mental health counseling, crisis intervention, case management, and psychoeducation services in healthcare, outpatient therapy, foster care, and in-home settings. I enjoy working with adolescents, adults, and families whether it is in individual or group sessions. I

believe that therapy is a safe place where people can come to refocus, rediscover, and reinvent themselves. Are you experiencing different stressors such as trauma, grief and loss, mental and medical health issues? Maybe you're experiencing problems at work, with family, or even within your relationship? Whatever it may be, come see me and take the first step toward a new and healthier you.—

BRINYEL PERKINS, LPC, NCC

My name is Brinyel Perkins LPC, NCC. I am a Licensed Professional Counselor and National Certified Counselor. I hold a Master of Arts Counseling Degree from Governors State University and a Bachelor of Arts Degree from Northern Illinois University. I have been in the field for 7 years providing individual, couple, group, and family therapy. I have experience in residential, non-profit community agency, private practice and hospital settings providing short- and long-term therapy, case management services, as well as crisis intervention. I have worked with a diverse population of clients including children, adolescents, adults, couples, and families who have been struggling with day-to-day stressors, trauma, and mental health crisis. I am here to walk with you step by step on your journey to discovery, healing, growth and perseverance.

JESSICA HUDSON, MSW

Dedicated to supporting individuals who experienced trauma and struggling with mental illness which impacts their daily functioning.

Jessica's experience as a counseling professional working towards clinical Licensure with six + years experience with an emphasis on trauma and mental health including depression and PTSD.

Jessica's focus is teaching coping strategies and self-management skills to help individuals become adaptive when enduring increased symptoms to regulate emotions and feelings.

Client focus:

- -Preteens 11-13
- -Adolescents/ Teenagers 14-19
- -Adults
- -Elders

Concerns:

- -Trauma & PTSD
- -Behavioral Issues
- -Child or Adolescent
- -Coping Skills
- -Depression
- -Anxiety
- -Stress
- -Life transitions
- -Relationships
- -Self Esteem
- -Health issues