

Community Resources

Contact Nicole with additions and changes therapyforfamily@gmail.com, therapyforfamily.com

	Presented by Nicole LaRocco 1-630-570-0525 call or text therapyforfamily.com therapyforfamily@gmail.com	Location:	Website:	Phone #:	Email:	Treating:	Add Info:	Payment By:
	<u>Adolescent and Adult Therapist</u>							
1	Jessica Dyrek LCPC, CADC	Hinsdale and Telehealth	jessicadyrek.com	1-630-272-4966	Jessica@jessicadyrek.com	Adolescents, College Students, Emerging Adults & Adults w Anxiety, Depression, ADHD, Life Transition, Social & Relationship Issues, Self-Exploration & Personal Growth	Adult women w ADHD, Adult Children of Parents w Personality Disorders, Loved Ones of those suffering/recovering from addiction, & adults w developmental disabilities	Payment: BCBS PPO, Aetna PPO, & Private Pay
2	Samantha Nolan LCPC, ATR-BC	Wheaton	https://bluekitewellness.com		snolan@bluekitewellness.com	Individuals aged 14+. Anxiety, depression, grief, ADHD, & life transitions.	Uses CBT and Solution-Focused Therapy.	In network with Aetna, Cigna, BCBS, & UHC.
3	Angie Yong	St. Charles and Telehealth	http://emeraldpaththerapy.com	1-331-272-0272	AYong@EmeraldPathTherapy.com	ADHD, Broken relationships, Navigate Life Transitions		In network with BCBS PPO and Aetna PPO
	<u>Adolescent, Adult, and Couples Psychologist</u>							
4	Dr. Brian Weir, PsyD	Hinsdale and Telehealth	www.dr.brianweir.com	1-773-606-1871	dr.brianweir@gmail.com	Providing treatment of depression, anxiety, relationship issues, anger, and social difficulties		Self Pay and Out of Network Benefits
	<u>Adult, Family, & Neurodivergent Couples Therapist</u>							

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5	Melissa Finley, LCPC	Hinsdale	www.finleycounseling.com	1-708-688-9676	melissa@finleycounseling.com	Treatment of adults, families, and neurodivergent couples. Uses EMDR, somatic & sensorimotor therapy, & Internal Family Systems.	Works with neurodivergent adults. Focus on OCD, ADHD, & Autism.	Self-Pay and provides Superbill
Adult Therapist								
6	Alexandra Therapy PLLC	Hinsdale and Telehealth			alexandratherapypllc@gmail.com	Perinatal mental health issues, Anxiety, OCD, Codependency, and Trauma	Please contact after 1/2025.	Self Pay and BCBS PPO In Network
7	Monika Breidenbach LCPC Acceptance Counseling	Westmont and Telehealth	https://www.monikabreidenbach.care	1-708-406-9792	mbreidenbachtherapy@gmail.com	Young adults & adults. Treats anxiety, panic disorders, OCD, workplace anxiety, burnout, & stress management.	Works with high-achieving individuals & anxiety related to relationship dynamics. Also, bilingual-Polish-English.	In network with Aetna, UHC-Optum, BCBS, Cigna, OON, & Self-Pay
8	Dawn Krawcyk LCPC	Burr Ridge and Telehealth	https://www.psychologytoday.com/profile/200281 and https://www.facebook.com/dmktherapy	1-630-282-6955	dmk@dmktherapy.com	Relational trauma, narcissistic abuse recovery, anxiety, and depression. Also, divorce, parenting support, domestic violence, communication skills...	LGBTQ+ affirming. Works with veterans and first responders.	
9	Mia Perlman LCSW, LICSW	Telehealth Illinois & Boston	https://www.miaperlmantherapy.com	1-617-684-5144	mia@miaperlmanlicsw.com	Adults with a history of childhood emotional neglect and trauma.	Anxiety, difficulty in relationships, general anxiety, & life stress. IFS therapy.	In network with BCBS PPO

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10	SMD Therapy Stephanie DiMaggio, LCPC	Illinois	smdtherapy.com	1-773-234-9880	stephanie@smdtherapy.com	Specializes in DBT, CBT, ACT, & EMDR.		In network with BCBS, Aetna, & UHC
11	Tigist Taylor Therapies PLLC	Telehealth	www.tigisttaylortherapies.com or https://www.psychologytoday.com/profile/998941	1-847-306-8344		Works with anxiety disorders, OCD, trauma/PTSD/attachment, depression and adoption related experiences.	Utilizes DBT, CBT, ACT, ERP, PE and mindfulness techniques.	Self Pay and Out of Network Benefits
12	Wone Counseling Services	Telehealth	www.wonecounselingservices.com	1-618-705-0224	jessica@wonecounselingservices.com	Substance use disorders, anxiety, life transitions, stress, intergenerational trauma.	Special interest in working with the Asian American community	Illinois: BCBSIL, Blue Cross Choice, Aetna. New York: Anthem, Aetna, Empire BCBS
	<u>Adult Psychiatrist</u>							
13	Dr. Catherine Camilleri	Woodridge	https://www.eehealth.org/find-a-doctor/c/camilleri-catherine-c/?utm_campaign=gmb-website&utm_medium=organic&utm_source=google	1-630-964-9400				
14	Dr. Petrit Ndrio	Naperville and Telehealth	https://www.advancedbhs.com	1-630-689-1022				
15	Dr. Shivkumar Pandian	Hinsdale	https://www.adroithealth.com					
16	Dr. Nancy Pecan	Warrenville	https://www.nancypecanmd.com	1-630-225-9073				
17	Dr. Shalini Varma	Vernon Hills, IL, Kenosha, WI, and Telehealth	www.drvarmamd.com	1-224-632-8900	info@drvarmamd.com	Sees Children, Adolescents, Adults, and Geriatrics. Anxiety, Depression, ADHD, Autism, School or work difficulties.	Neuropsychological Testing for ADHD, Autism, learning disabilities, psychological illnesses.	Out of network. Accepts health savings, flexible spending, and credit cards.

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18	Dr. Margaret Ward, Hinsdale Behavioral Clinic	Hinsdale	https://hinsdalebhc.com	1-630-653-6441				
	<u>Child, Adolescent, Adult, Family, and Couples</u>							
19	Amani Clinical Services	Hinsdale	www.amaniclinical.com					
20	Chicago Center for Cognitive Wellness (CCCW)	Edgewater, Chicago Loop, and Telehealth	https://www.cogwellness.com			Treating depression, anxiety, trauma, and family struggles. Utilizing Health Psychology and Cognitive Rehabilitation.	Neuropsychological Testing Provided. LGBTQ+ affirming.	In network with Medicare, BCBS PPO, United Healthcare, and Aetna
21	Chicago Center for Cognitive Wellness (CCCW). Kathryn Jabek, LCSW	Chicago and Telehealth	https://www.cogwellness.com	1-773-345-3495Ext 110	kjabek@cogwellness.com	Works wit adults experiencing ADHD, anxiety, and depression symptoms and diagnoses.	Uses CBT, DBT, RO-DBT, and ACT.	In network with Medicare, BCBS PPO, Cigna, United Healthcare, and Aetna
22	Dr. Nicole LaRocco	Colorado, Illinois, Indiana, & Iowa.	www.therapyforfamily@gmail.com	1-630-570-0525	therapyforfamily@gmail.com	Child and adolescent psychologist. Families and adults. Depression, anxiety, ADHD, ASD, behavioral struggles...	Providing group therapy: Process Group for Teens or Adults, Children or Teen social groups. LGBTQ+ affirming.	Self-pay. Superbill provided.
23	Inspire Counseling Center	Lake Forest, Kenilworth, and Northbrook	https://inspirecounselingcenter.com/lake-forest-office/		hello@inspirecounselingcenter.com	Couples and group therapy. Mom's Group, Working Mom's Group, Step Parent Group.		In network with BCBS PPO, BCBS Blue Choice, Humana & Aetna. Some therapists UHC.
24	Lakeshore Counseling Group	Telehealth	http://www.LakeshoreCounselingGroup.com	1-224-599-4777		Treats burned out healthcare workers and other professionals. Also, works with parents and caregivers. Provides parent coaching family therapy.		

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25	Lynn Zakeri & Associates	Skokie, Northfield, and Telehealth	https://lynnzakeri.com			Treats depression, anxiety, self harm, Mom stress, eating disorders and more. Uses EMDR.	Groups. Bilingual Spanish speaking clinician. LGBTQ+ affirming.	Self Pay
26	Nikkie Evans, PLLC	Northshore and Telehealth		1-847-790-4959 Ext 1		Treating depression, anxiety, perinatal/postpartum, trauma and more. Using EMDR.	Providing group therapy: Process group, Teen Girls, New Moms, Young Adult Women, Body Image Teenage Girls. Offers Christian Counseling.	In network with BCBS PPO & BCBS Choice
27	Olimene Counseling	Bolingbrook and Telehealth	https://www.olimenecounseling.com			Services for depression, anxiety, self harm, trauma, and more.		In network with most major insurance companies.
	<u>Child and Adolescent Psychiatrists</u>							
28	Dr. Iyad Alkouri	Hinsdale	https://www.avicennaci.com	1-630-749-7107				
29	Dr. Petrit Ndrio	Naperville and Telehealth	https://www.advancedbhs.com	1-630-689-1022				
30	Dr. Nancy Pecen	Warrenville	https://www.nancypecenmd.com	1-630-225-9073				
31	Dr. Shalini Varma	Vernon Hills, IL, Kenosha, WI, and Telehealth	www.drvarmamd.com	1-224-632-8900	info@drvarmamd.com	Sees Children, Adolescents, Adults, and Geriatrics. Anxiety, Depression, ADHD, Autism, School or work difficulties.	Neuropsychological Testing for ADHD, Autism, learning disabilities, psychological illnesses.	Out of network. Accepts health savings, flexible spending, and credit cards.
	<u>Psychological Testing</u>							
32	Dr. Brittany Snow	St. Charles	https://www.foxclinicalservices.com/drbrittanysnow	1-630-797-9332	dr.snow@foxclinicalservices.com	Provides psychological testing for children, teens, and adults.	Email Dr. Snow to inquire about setting up first appt.	In network with many insurance companies. Inquire about your specific plan.

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33	Dr. Shalini Varma	Vernon Hills, IL, Kenosha, WI, and Telehealth	www.drvarmamd.com	1-224-632-8900	info@drvarmamd.com	Sees Children, Adolescents, Adults, and Geriatrics. Anxiety, Depression, ADHD, Autism, School or work difficulties.	Neuropsychological Testing for ADHD, Autism, learning disabilities, psychological illnesses.	Out of network. Accepts health savings, flexible spending, and credit cards.
34	Thomson Memory & Attention	Oak Brook and surrounding areas.	https://thomsonmemory.com			Provides psychological testing for children, teens, and adults.		In network with many insurance companies.