

## **MEET THE COUNSELORS**

### **NorthStar Church Network**

### **Counseling Assistance Program**

The Church Staff Health Group of NorthStar Church Network: An Association of Baptist Congregations is committed to support and encourage our ministers, their support staff, and families. Healthy ministers and families will assist our churches to be healthy. The Group is concerned that some ministers and families may not be getting needed counseling. Therefore, NorthStar covenanted with some pastoral counselors to provide up to four counseling sessions.

Below is relevant data for the professional counselors who are working with NorthStar's Counseling Assistance Program. Persons covered by this program are those working in church, officially associated with NorthStar Church Network, in a pastoral role or other paid church staff position, including spouses and children.

Persons seeking to utilize this program may personally contact one of the counselors below. This is a confidential program and no notification of name or church is made to nor record kept by the office of NorthStar Church Network. This program provides funds to cover up to four counseling sessions for eligible persons.

#### **Myra Binns Bridgforth, M.S.**

**myralpc@verizon.net**

Licensed Professional Counselor; Licensed Marriage & Family Therapist

Private Practice, 703-281-4703

Office Location: 513 Maple Avenue West, Vienna, VA

Areas of Expertise: Depression and Anxiety, Trauma and PTSD, Marriage, Parenting, ADHD in Adults and Teens, Substance Abuse, Adult Children of Dysfunctional Families, Mid-life Transitions, Separation and Divorce, Personal and Business Coaching, Family of Origin Issues

#### **Rev. Michael Kachura, M.A.**

**mkachura@verizon.net**

Licensed Professional Counselor; Licensed Marriage & Family Therapist

Private Practice, 703-629-2306 (cell)

Office Location: 3611-D Chain Bridge Rd, Fairfax, VA 22030

Areas of Expertise: Anxiety disorders, Addiction and Compulsion Management, Anger Management, Clinical Depression, Crisis Intervention, Developmental and Life-Stage Transition Issues, Personality Assessment-Development-Diagnosis, Stress Management.

#### **Brenda Rozier-Clark, Ed. D.**

**brozierclark@gmail.com**

Licensed Professional Counselor; Licensed Marriage & Family Therapist

Imago Relationship Therapist (Couple Focused); American Association of Pastoral Counselors

Private Practice, 703.866.9999

Office Location: 5417-C Backlick Road, Springfield, VA

Areas of Expertise: Relationship Issues, Life Coaching, Career Counseling, Anxiety or Fears, Depression, Loss or Grief, Self Esteem, Career/Life Work, Family Conflict, Parenting