

MetroWest Providers Resource List

Clinician	Practice	Area of Expertise/ Ages Served	Insurance	Contact Information
Samara Burke	Samara Burke Counseling	Children (ages 3+), teens, and adults. Trauma (certified clinical trauma professional - CCTP), EMDR, and art/play/sandtray therapy	BCBS, Tufts (commercial plans only), self-pay, out of network	(508) 954-5477 samara@samaraburke.com samaraburke.com 9 Summer St, Franklin, MA 02038
Jamie Dannenberg	Metwest Nutrition	Eating Disorders/Disordered Eating, Chronic Dieting, LGBTQ+, adolescents and adults	BCBS, Harvard Pilgrim, Aetna, Cigna, Allways, Tufts	(617) 332-2282 jamie@metwestnutrition.com http://www.metwestnutrition.com/team/jamie-dannenberg-ms-rd-ldn 5 Edgell Rd, Suite 39, Framingham, MA 01701
Sofia Reddy	Sofia's Sanctuary	Anxiety, PTSD, Depression, Life Transitions, stress management, mindfulness/teens, adults	Private Pay	(713) 817-3523 sofias.sanctuary@gmail.com www.sofias-sanctuary.com Workshops held at Medway High School: 88 Summer St, Medway, MA 02053
Gretchen Powers, LICSW, MFY teacher	Private Practice	Ages 10-adult, specializing in teens and young adults, area of focus: mindful self-compassion	None for MFY courses, private practice accepts Tufts, Fallon, Harvard Pilgrim, BCBS, Aetna, Cigna	(508) 207-5495 selfcompassionateteen.com 118 Washington St Holliston, MA 01746
Anna Munro	Anna G. Munro, LICSW	Adults with substance use and co-occurring disorders	BCBS, Lyra, Out-of-Network	(508) 709-7221 (text preferred) anna@annagmunro.com annamunro.com 130 Main St #2D, Northborough, MA 01532
Emily Wing	Emily Wing, LICSW Private Practice	Postpartum/perinatal mood disorders, women's issues, parenting struggles, anxiety, depression, stress management, adjustment d/o, trauma. Adults	BCBS, Optum (harvard pilgrim, united healthcare, allways health partners) and tufts commercial HMO and private pay	(978) 578-7825 emilywinglicsw@gmail.com https://m.facebook.com/Emily-Wing-LICSW-2089001041167430/ 360 Woodland St, Holliston, MA 01746
Kim Minogue	Birchwood Nutrition Group Inc.	Registered Dietitian. Work with all ages- infancy through adulthood	Medicare, BCBS, HP, Tufts public and commercial, Aetna, Cigna, Fallon, United	(781) 724-9359 Birchwoodnutritiongroup.com 77 W Main St # R, Hopkinton, MA 01748
Genevieve Guellnitz	Holliston Public Schools	Grades 6 through 8	N/A	(508) 429-0657 ext. 1419 guellnitzg@holliston.k12.ma.us 323 Woodland St, Holliston, MA 01746
Barbara Fritts	Barbara Fritts, Ph.D. Licensed Clinical Psychologist	LGBTQ+, postpartum/perinatal mental health, trauma, ages 12+	Out of Network, Private pay	(508) 505-4473 drbarbarafritts@gmail.com www.drbarbarafritts.com 23 Water St, Holliston, MA 01746
Manjola Prifti, LMFT	Private Practice, SMOC, Synergy Wellness Center	Marriage and Family Therapy, all ages	*Information on insurance was not provided.	(617) 669-3552 SMOC: South Middlesex Opportunity Council 7 Bishop Street, Framingham, MA 01702 Synergy Wellness Center: 45 Main St #403, Hudson, MA 01749
Cindy Opper	Compassionate Coaching	Geriatric Mental Health/Caregivers. 50 and above	Private Pay	(508) 841-8188 CompassionateCoaching4@gmail.com Out of Shrewsbury, MA
Stacie Perreault, LMHC	Vendetti Wellness Group, PC	Children, Teens, Adults, Couples, Families. We have an eclectic team versed in many different areas	BCBC/Tufts Commercial Plans/Tufts Navigator/Optum Plans (Allways, United, Harvard Pilgrim)/ Beacon Plans/ Unicare/ Cigna/ Aetna/Medicare with a secondary insurance/Sliding Scale/Out of Network	(508) 589-5333 x104 www.vendettowellnessgroup.com (We have an online option to submit requests. This is the best way to expedite services. The form is located on our website under the tab "request initial appointment") info@vendettowellnessgroup.com 34 Hayden Rowe Street, Suite 194 Hopkinton, MA 01748
Kristen Wojcoski, LMHC	Vendetti Wellness Group, PC	Children, Teens, Adults, Couples, Families. We have an eclectic team versed in many different areas	BCBC/Tufts Commercial Plans/Tufts Navigator/Optum Plans (Allways, United, Harvard Pilgrim)/ Beacon Plans/ Unicare/ Cigna/ Aetna/Medicare with a secondary insurance/Sliding Scale/Out of Network	(508) 589-5333 x106 www.vendettowellnessgroup.com (We have an online option to submit requests. This is the best way to expedite services. The form is located on our website under the tab "request initial appointment") info@vendettowellnessgroup.com 34 Hayden Rowe Street, Suite 194 Hopkinton, MA 01748

Dr. Kirsten Snyder, Psy.D	Vendetti Wellness Group, PC	Children, Teens, Adults, Couples, Families. We have an eclectic team versed in many different areas	BCBC/Tufts Commercial Plans/Tufts Navigator/Optum Plans (Allways, United, Harvard Pilgrim)/ Beacon Plans/ Unicare/ Cigna/ Aetna/Medicare with a secondary insurance/Sliding Scale/Out of Network	(508) 589-5333 x102 www.vendettowellnessgroup.com (We have an online option to submit requests. This is the best way to expedite services. The form is located on our website under the tab "request initial appointment") info@vendettowellnessgroup.com 34 Hayden Rowe Street, Suite 194 Hopkinton, MA 01748
Emily Bebas, LMHC	Vendetti Wellness Group, PC	Children, Teens, Adults, Couples, Families. We have an eclectic team versed in many different areas	BCBC/Tufts Commercial Plans/Tufts Navigator/Optum Plans (Allways, United, Harvard Pilgrim)/ Beacon Plans/ Unicare/ Cigna/ Aetna/Medicare with a secondary insurance/Sliding Scale/Out of Network	(508) 589-5333 x109 www.vendettowellnessgroup.com (We have an online option to submit requests. This is the best way to expedite services. The form is located on our website under the tab "request initial appointment") info@vendettowellnessgroup.com 34 Hayden Rowe Street, Suite 194 Hopkinton, MA 01748
Sarah Marks, LMHC	Vendetti Wellness Group, PC	Children, Teens, Adults, Couples, Families. We have an eclectic team versed in many different areas	BCBC/Tufts Commercial Plans/Tufts Navigator/Optum Plans (Allways, United, Harvard Pilgrim)/ Beacon Plans/ Unicare/ Cigna/ Aetna/Medicare with a secondary insurance/Sliding Scale/Out of Network	(508) 589-5333 x103 www.vendettowellnessgroup.com (We have an online option to submit requests. This is the best way to expedite services. The form is located on our website under the tab "request initial appointment") info@vendettowellnessgroup.com 34 Hayden Rowe Street, Suite 194 Hopkinton, MA 01748
Wendy Keen, LMHC	Vendetti Wellness Group, PC	Children, Teens, Adults, Couples, Families. We have an eclectic team versed in many different areas	BCBC/Tufts Commercial Plans/Tufts Navigator/Optum Plans (Allways, United, Harvard Pilgrim)/ Beacon Plans/ Unicare/ Cigna/ Aetna/Medicare with a secondary insurance/Sliding Scale/Out of Network	(508) 589-5333 x105 www.vendettowellnessgroup.com (We have an online option to submit requests. This is the best way to expedite services. The form is located on our website under the tab "request initial appointment") info@vendettowellnessgroup.com 34 Hayden Rowe Street, Suite 194 Hopkinton, MA 01748
Monica Leger, LMFT	Vendetti Wellness Group, PC	Children, Teens, Adults, Couples, Families. We have an eclectic team versed in many different areas	BCBC/Tufts Commercial Plans/Tufts Navigator/Optum Plans (Allways, United, Harvard Pilgrim)/ Beacon Plans/ Unicare/ Cigna/ Aetna/Medicare with a secondary insurance/Sliding Scale/Out of Network	(508) 589-5333 www.vendettowellnessgroup.com (We have an online option to submit requests. This is the best way to expedite services. The form is located on our website under the tab "request initial appointment") info@vendettowellnessgroup.com 34 Hayden Rowe Street, Suite 194 Hopkinton, MA 01748
Lisabeth Steinberg	Private Practice	Adults only. MDD, GAD, PTSD, Bi-Polar, life cycle challenges, and more	BCBS, Optum, Tufts Commercial	(508) 458-9060 lisabethsteinberg@gmail.com 229 E Main St, Milford, MA 01757-2832
Jennifer F. Wiech	Jennifer F. Wiech, LICSW	Children preschool-adolescence, adults, families facing attachment difficulties, anxiety/mood related problems, adjustment and trauma-related issues.	BCBS	(508) 213-5534 https://www.psychologytoday.com/us/therapists/jennifer-f-wiech-cambridge-ma/154321 jenniwiech@gmail.com 545 Concord Avenue, Suite 14, Cambridge, MA 02138
Amy Leone, MS, MA, LMHC	Community Impact Inc.	Substance Abuse and Addictive Behaviors/ Adolescent, young adults and Adults	Majority of Commercial Insurance and MassHealth Plans	(508) 422-0242 community-impact-inc.com communityimpactinc@gmail.com 12 Main Street Milford, MA, 01757
Krystin Fraser	SMOC Behavioral Healthcare	MH & SU, children, adoloescents and adults	Most insurance accepted	(508) 872-4853 Smoc.org kfraser@smoc.org 7 Bishop Street, Framingham, MA 01702
Suzanne McMahon, LICSW	Wayside Youth & Family Support Network	4-22 years old	MassHealth	(508) 879-9800 suzanne_mcmahon@waysideyouth.org www.waysideyouth.org 1 Frederick Abbott Way, Framingham, MA 01701
Cassandra Lorusso	Walnut Hill Counseling	Trauma, 5-60 years old	Tufts, BCBS, Harvard Pilgrim, Tricare UBH	(874) 847-1938 (508) 733-0691 walnuthillcounseling.com clorusso@counselingsecure.com
Meg Price	Aurora Counseling Associates	Specializing in LGBTQ+ populations, Autism Spectrum Disorders, life transitions and meaning-making, ages 8 and up	Blue Cross, UBH, Tufts, Optum, Harvard Pilgrim	(508) 650-0991 megpriceaurora@gmail.com https://www.auroracounselingassociates.com/ 20 Main St, Natick, MA 01760
Grishelda Hogan, LICSW	Center for Integrated Wellness CIW	Ages 12-Adult, PTSD offering program and exposure, cognitive processing therapy, EMDR, DBT	BCBS, Tufts, Optium, HP	(401) 413-1932 hoganpsychotherapy@gmail.com 31 Hastings St, Mendon, MA 01756
Carol Perlman	Carol Perlman Ph.D.	Adults, CBT	BC HMO	(617) 308-9438 carolperlman.com carolperlman@carolperlman.com 165 Main St., Suite 203 Medway, MA 02053
Caryn Metzger	Greater Boston Psychiatric Services	Psychopharmacology, 18+	BCBS, Tufts	(508) 321-3210 info@greaterbostonpsych.com www.greaterbostonpsych.com 165 Main Street, Suite 111E Medway, MA 02053

Dr. Karl Liebermann	Acorn Health Services	Medication assisted treatment to individuals living with alcohol use disorder and opioid use disorder, ages 18+	All major commercial insurances as well as MassHealth and Public Plans	(508) 691-6086 jen@acornhealthservices.com acornhealthandrecovery.com 112 Main Street, Suite 104 Northborough, MA 01532
Erika Vargas, LMHC	Erika Vargas, LMHC, LLC	Adolescents, adults; eating disorders/ disordered eating, body image, anxiety, sexual trauma	BCBS	(617) 564-3281 EVargasLMHC@gmail.com evargaslmhc.com Medway, MA 02053
Alisa Zaref	Alisa Zaref, LICSW	Ages 14-64, Depression, Anxiety, Women's Issues	BCBS	(508) 562-0000 alisazaref@alisazaref.com alisazaref.com 165 Main Street, Suite 203, Medway, MA 02053
Kerrie Toole	Castlebrook Counseling Services, Inc.	DBT, OCD, Depression, Anxiety, all ages served	BCBS, Optum, Tufts	(508) 475-9110 kerrietoole@castlebrookcounseling.com www.castlebrookcounseling.com 24 Lyman St STE 200, Westborough, MA 01581
Cassie Kuzmanoff	Cassie Kuzmanoff, LICSW	Parenting support, depression, anxiety, ADHD, nutrition and MH- children/ teens/ adults	BCBS	wholehealththerapist@gmail.com Walpole, MA 02071
P. Shagin	Green Button Counseling	12-70 years old	Private Pay	(508) 507-8474 pslicsw@gmail.com www.greenbuttoncounseling.com Plainville, MA 02762
Amy Gardner, MS, RD	Metrowest Nutrition	2+ years old	BCBS, HPHC, United, Tufts (except Public Health Direct), Aetna, Cigna,	(617) 332-2282 info@metrowestnutrition.com www.metrowestnutrition.com 5 Edgell Rd, Suite 39 Framingham, MA 01701
Megan Bickford, LICSW	Metrowest Center for Well Being	Approximately 12-25, depression, anxiety, trauma, CBT, TF-CBT, Mindfulness	BCBS, MBHP, Tufts Together, Tufts HMO	(508) 948-3556 mbickford.cwb@gmail.com www.mwcvb.com 142 Exchange St, Millis, MA 02054
Lucia Morales	Lucia Morales	Psychotherapy to children, adolescents and adults	BCBS, Tufts Health	(617) 329-1253 licsw.luciamorales@gmail.com 388 Pleasant Street, Suite 201A Malden, MA 02148
Alexis Davis	Alexis Davis	Phone based parent guidance	Private Pay	(339) 545-1005 alexis.davis@yourfamilytools.com www.yourfamilytools.com
Sarah Giardini	Sarah Giardini	Child and Family therapist, ages 4-adult	BCBS, Optum, Tufts Commercial, Cigna	(774) 507-0151 sgiardinicounseling@gmail.com 165 Main Street, Suite 111C Medway, MA 02053
Jane Greenstein	Jane Greenstein Ph. D.	Assessment of Learning Challenges including neuropsychological and academic testing, special education program evaluation, and educational parent consultation for students ages 6 through young adult	Private Pay	(508) 219-6559 drjanegreenstein@gmail.com www.drjanegreenstein.com 6 Church St, Hopkinton, MA 01748