

Meet Our Clinicians

Meet **Judy LeClair, LICSW, Senior Staff Clinician**, who recently joined our Maps Counseling team in August. When asked what she loves about her job, she says, "So much, I am happy to say!" She talks about how grateful she is for our staff, who foster a healthy and professional atmosphere with a focus on staff self-care, which enhances the overall therapeutic environment. She is inspired by the pursuit of clinical excellence at Maps Counseling and is amazed by the work happening around her. She feels grateful for the warmth and validation she's received from the team and looks forward to contributing to the impactful work she witnesses daily.

What does your personal grounding look like?

"The practice of Mindfulness. My favorite mindfulness experience is being outside in the fresh-fallen snow, when everything feels so still and tranquil."

Do you have any pets?

"I have a wonderful cat that I inherited when his best friend died."

What is your favorite book or movie?

"It's A Wonderful Life because, in a profound way, it shows how we touch the lives of others by our gestures of goodness, sometimes in ways we don't recognize at the time. "

What dish would you bring to a Maps Counseling potluck?

"Something I can buy at the Co-op that tastes home-made."

Although she hasn't been with us for very long, we can already feel her dedication towards her job and clients. We are incredibly fortunate to have someone who is not only fully committed to the success of Maps Counseling but also to the growth and well-being of everyone she works with.



Photo taken by Christopher David



From the Desk of the Executive Director

I am thrilled to share that Maps Counseling Services has recently completed the Solihten reaccreditation process. This achievement reflects our commitment to maintaining the highest standards of mental healthcare and provides us with an opportunity to reflect on and refine our practices to better serve our community. In other exciting news, our Board of Directors just held a wonderful fall potluck, and we look forward to making this gathering an annual tradition for both current and past board members. We are also actively seeking new board members who are passionate about mental health and interested in joining a vibrant and engaged board of directors. If you or someone you know would like to help guide our mission, please reach out! - Gina M. Pasquale, PsyD

Giving Tuesday - December 3rd, 2024

Who does your contribution benefit?

- A young person struggling with gender identity now has a safe space to receive gender-affirming mental health care.
- A grieving widow, after brief therapy, reports that they had their first good day since the death of their partner.
- A terrified, confused spouse of an abusive partner who finally finds the courage – and the hope – to leave the relationship.
- A young woman who finds a safe place to reveal a sudden and traumatic separation from her parental figure in early childhood – and then realizes for the first time that she can have a loving and respectful relationship with another person.
- A person experiencing the stress of homelessness can access free mental health support through the Maps Counseling Hope and Healing fund.



The Hope and Healing Fund helps low-income clients to find solutions to their problems: to break the chains of addiction, to heal from trauma and abuse, to find worth and purpose in life, and to break the cycle of poverty and hopelessness. Your donation to the Maps Counseling Hope and Healing Fund also supports our graduate training program that helps expand our low-cost services and ensures a future generation of highly skilled psychotherapists. Maps Counseling Services is making a difference in the Monadnock Region, one person at a time – and your support is deeply appreciated.

Thank you for your tax-deductible donation on Giving Tuesday on December 3rd, 2024, we are grateful for your contribution!

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TUESDAY