



## From the Desk of the Executive Director

Mark your calendar: **NH Gives** is coming in June! This statewide day of giving is a wonderful opportunity to support the organizations that strengthen our communities. At Maps Counseling Services, donations help sustain our Hope and Healing Fund, which makes compassionate, professional counseling accessible to people who might not otherwise be able to afford care while also helping train the next generation of mental health providers. Every gift helps open a path toward healing, resilience, and connection for our neighbors across the Monadnock region.

Maps Counseling Services envisions a community, strong in mind, heart, body, and spirit, equipped to confidently navigate life's challenges. Together, your contribution brings hope, healing, and long-term stability to those who rely on Maps Counseling Services. **NH Gives donation begins on Tuesday, June 9 at 5pm and runs through Wednesday, June 10 at 5pm.** You can give through the QR Code provided, or through the NH Gives website, <https://www.nhgives.org/organization/Maps-Counseling-Services>. Thank you for being a vital part of our community of care!



## Support Mental Health Care for All!



Follow us on Facebook, LinkedIn and Instagram and check out our podcast, *The Path Forward: Mental Health with Maps* on Spotify, Apple Podcasts, and Youtube!

## Meet Our Clinicians

Meet **Kate Golding, LCMHC, ATR-P**, who recently joined Maps Counseling Services. With a background in art therapy, Kate brings a compassionate and thoughtful approach to supporting clients through life's challenges. Her work is grounded in connection, creativity, and helping others feel understood and supported.

### What helps ground you during difficult and uncertain times?

*"Lately it's really been family and close friends – staying more connected to my closer community has become more important than ever."*

### When you think about why this work matters, what comes to mind?

*"In my lifetime I've seen mental health treatment go from a highly taboo, even shameful, topic, to part of everyday conversation. What started as a mission within the field to destigmatize and raise awareness seems to have become a source of pride among people as they prioritize their mental health and even discuss their journeys openly."*

### What drew you to this work?

*"I stumbled upon art therapy. Or, at least I thought I did. I experienced severe physical injury as well as profound personal loss when I was younger. It occurred to me, as I was in the later years of my BFA program, that I was painting my way through difficult feelings that I was having related to the things I was going through. It was such powerful medicine that I wanted to share it with others."*

We are grateful to have Kate as part of the Maps team and appreciate the compassion, insight, and care she brings to supporting our community.



Photo taken by Christopher David