

THE PATH FORWARD PODCAST

Mental Health with Maps

A community psychology initiative.



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FROM THE EXECUTIVE DIRECTOR

Care rooted in people and community

At Maps Counseling Services, providing evidenced-based, empathic psychotherapy remains the cornerstone of our work, and we are deeply committed to every client who entrusts us with their care. Our community psychology initiatives allow us to carry that same commitment beyond the therapy office: The Path Forward podcast brings conversations about mental health and community well-being to a wider audience and is made possible entirely through a generous in-kind donation from Christopher David Studios; our Hundred Nights Drop-In offers accessible mental health support to shelter guests; and Supporting the Supporters partners with Hundred Nights and The Community Kitchen to promote employee wellness among those who care for others. We are grateful to the Henry and Patricia Nielsen Fund for supporting the Hundred Nights Drop-In and to Savings Bank of Walpole for funding Supporting the Supporters. I believe these initiatives are an important expression of who we are at Maps, rooted in individual care while remaining attentive to the well-being of our wider community.

Gina M. Pasquale, PsyD

THREE CONVERSATIONS TO GET STARTED

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Resilience, Grief, and the Courage to Reach Out – Julie Schoelzel's Story. Ep 2

Julie Schoelzel, President and CEO of the Greater Monadnock Collaborative



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Jay Kahn, Mayor of Keene, NH



When Mental Health Shapes Leadership: A Community Leader Reflects | Ep 7

Mark Bodin, President of Savings Bank of Walpole

The Path Forward Mental Health with Maps

Thoughtful conversations about mental health and community well-being.

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Navigating life's challenges



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Compass

Summer 2026



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Meet Our Clinicians

Meet **Cael Guildford, LCMHC, R-DMT**, who brings a warm and intentional approach to her work at Maps Counseling Services. Her passion for healing is rooted in the power of movement, play, connection, and community. Cael is committed to creating space for people to grow, heal, and feel more fully connected to themselves and others. We are so lucky to have Cael as part of the Maps team and are grateful for the compassion and thoughtful perspective she brings to her work each day.

What helps ground you during difficult and uncertain times?

"Trust and radical acceptance - in the process, and in each other. Trust in myself, my colleagues, our leadership team here at Maps, and my communities of support, to show up for each other with humanity, humility, and intention - especially in the midst of our mistakes and growing edges."

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

"I love the thought that we are spiritual beings having a human experience, and that we are all in this together. I believe in the strength and power of all human beings to heal, grow, and stand up for each other. I have seen this transformation in myself. I have been deeply privileged and blessed to have had access to the benefits of therapy in my life and I believe all people should have access to these most human of gifts."

What drew you to this work?

"I found my own profound healing experiences through dance, circus, and the flow-arts community. These transformations, and the plentiful stories throughout those communities that echoed those experiences, made me curious as to what it is about movement, play, and community that allows us to heal, grow, and find our true, most authentic selves. That is when I found Dance/movement Therapy and Counseling, and eventually, my community here at Maps."



Photo taken by Christopher David