

## COUNSELING REFERRALS

Compiled by S. Lindy Purdy, Updated April 2014

RELATE Counseling Center  
15320 Minnetonka Blvd, Suite 200  
Minnetonka, MN 55345  
**952-932-7277**

[www.relatemn.org](http://www.relatemn.org)

RELATE is a highly regarded counseling center in Minnetonka and is focused on youth. We have referred people there over the years. They work with youth, couples, families, schools.

Dr. Jessica Brown, Psy. D.—good with all client issues  
Dr. Randi Born—good with older clients, Health Issues, Eating disorders, couples  
Parkdale Therapy Group  
1660 S. Highway 100, Suite 330  
St. Louis Park, MN 55416  
952-224-0399, Ext. 4  
Fax 952-224-0396

CaspersenTherapy Center (I have worked with all 3 of these therapists and highly recommend them)  
952-428-6332  
Parkdale Plaza  
1660 South Hwy. 100, Suite 502  
St. Louis Park, MN 55416  
Dr. John Stillman—612-558-2705;  
[jstillman@caspersentherapycenter.com](mailto:jstillman@caspersentherapycenter.com)  
Angie Gwiazdon—612-501-2986; [agwiaz@yahoo.com](mailto:agwiaz@yahoo.com)  
John Simensen—612-810-8225; [jsimensen@comcast.net](mailto:jsimensen@comcast.net)

Thomas Sawyer—Orono  
952-404-7466  
Works well with students

WESTMINSTER COUNSELING CENTER  
A ministry of Westminster Presbyterian Church  
1200 Marquette Avenue South

Minneapolis, MN 55403  
612-332-7743  
[www.westminstercounseling.org](http://www.westminstercounseling.org)  
Satellite Location:  
Oak Grove Presbyterian  
Bloomington, MN

LAKEWOOD Counseling and Career Center  
(3 locations, but closest is Richfield –Main office)  
6607 18<sup>th</sup> Ave. So., Suite 101  
Richfield, MN 55423  
**612-798-7373**

[www.lakewoodcounseling.com](http://www.lakewoodcounseling.com)

LAKEWOOD is where Janet Overman, a high school classmate of Kristen's who grew up at Colonial is on staff. She has spoken here at WCC before. She is part of a whole group, who each have specialty areas. We've received good feedback on referrals.

Mt. Olivet Counseling Service  
(Mt. Olivet Lutheran Church, Mpls.)  
1804 W. 50<sup>th</sup> St.  
Minneapolis (across from the church)  
**612-927-7335**

MT. OLIVET and specifically, John McClay Ed. D., was highly recommended.

[www.mtolivet.org/counseling.html](http://www.mtolivet.org/counseling.html)

Seeds of Hope—a non-profit offering counseling to those who have lost a loved one and are unable financially to see a counselor.  
[seedsofhope.com](http://seedsofhope.com)

Psychiatrist—Dr. David Sudduth (Edina)  
952-920-7203

Dr. Lyle Torguson  
Ridgedale Medical  
2000 Plymouth Rd  
952-544-2228

Social Worker:  
Anita L. Raymond, LISW, CMC  
Senior Services  
VOA MN  
7625 Metro Blvd.  
Minneapolis, MN 55439  
952-945-4172  
952-945-4108 fax  
[www.voacaremanagement.org](http://www.voacaremanagement.org)  
[www.voamn.org](http://www.voamn.org)

Spirit of Hope Counseling Center  
952-546-5565  
Spiritofhope.com