



Mary Stone, LPC – R.N.

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“You are not broken, but on the wellness spectrum of life.”

Mary has always felt a calling to serve others, and returned to school to obtain a Master’s Degree in Counseling after her oldest child left for college. Originally from Canada, Mary obtained an Honor’s Bachelor of Science in Nursing from Lakehead University and worked as an emergency room, intensive care nurse, and community health nurse. She relocated to Texas in 1993, has been married for 23 years, and has two young-adult children. Mary appreciates yoga, outdoor activities, camping, and traveling. While she enjoys working with individuals and couples, to better understand their life circumstances and how they can grow in their personal life and relationships, she has a special interest in supporting those challenged with a family member with serious mental illness navigate this, often complicated, path. She also enjoys working with persons dealing with grief, medical issues, anxiety, depression, and those feeling stuck and confused about their life circumstances. Mary understands life can be complicated and the decision to invest in counseling, both financially and emotionally, can feel daunting and yet courageous at the same time. She is here to offer you a hopeful, confidential, caring space where you can explore your challenges and move your life forward with self-awareness, hope, and new skills and knowledge.

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<b>Area of Expertise</b>	<b>Days/Hours Available</b>	<b>Rates</b>
Trauma/EMDR	Tuesday - 12:30p – 7:30p	\$120 per Session
Sexual Abuse/Perpetrator	Wednesday – 9:30a – 4:30p	
Suicidality	Thursday - 8:30a – 3:30p	
DBT/CBT		
Panic/Personality/Psychotic disorder		
Couples		