



HighRidge

Official Counseling Resources and Recommendations

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HIGHRIDGE RECOMMENDED COUNSELORS

HighRidge Care & Support

<https://highridgechurch.com/care/>

10100 Rolling Hills Drive, Fort Worth Campus

(o) 817.249.5200

We provide biblical counseling for individuals who call HighRidge their home church. This is short-term counseling provided by our trained Care Pastor, who walks alongside you to find God's answers to life's difficulties. The role of our Care Pastor is to listen, pray with you, encourage you with biblical truths and provide resources that can help you through the challenges life might bring.

Restoration Counseling

<https://www.restorationcec.com/>

2421 W. 7th St., Suite 400

Fort Worth TX 76107

(o) 817.291.9872

Restoration Counseling exists to simply see lives restored. Restoration operates from an integrated perspective, anchored in a Christian worldview, and enhanced by research and practices from other traditions, both secular and faith based. They offer full-service counseling, testing, and assessment practice. Restoration specializes in individual and group counseling sessions, psychological assessments, dialectical behavior therapy, neurofeedback, intensive outpatient therapy, cognitive behavioral analysis, and skills training.

Rehope Counseling

<https://rehopecounseling.com/>

Multiple Locations: Downtown Fort Worth, Camp Bowie, Willow Park

Rehope Counseling exists to create an opportunity for clients to regain hope, resolve to make changes, re-engage in relationships, and renew mind, body, and soul. Rehope Counseling, PLLC, is a therapy practice devoted to individual and familial restoration and renewal. If you feel like you are ready to restart or recover, if you are looking for support, encouragement and guidance through a challenging situation.

Anew Counseling

<https://www.anewcounselingdfw.com/>

At Anew Counseling Group, we believe in the transformative power of understanding, empathy, and expert guidance. With a dedicated team of seasoned therapists, our mission is to provide a sanctuary where individuals can explore, heal, and rejuvenate. Rooted in evidence-based practices and a holistic approach to mental well-being, Anew Counseling Group stands as a beacon of hope and support for those seeking positive change in their lives. Here, you're not just a client; you're a valued individual deserving of a fresh start and a brighter tomorrow.

Whether you're grappling with anxiety, depression, trauma, or you're just yearning to understand yourself better, we are here to guide you through your journey. We deeply honor the courage it takes to seek help and make the choice to grow. You are not alone; at Anew Counseling, you're valued and cared for. We are committed to helping you discover your purpose, ignite your passion, and embrace your core being.



Renewed Counseling

Rachel Bourgoin

MA, LMFT-A

renewedcounselingco.com

(720) 507-1573

Hi! My name is Rachel Bourgoin. I have been a therapist for almost a decade and I absolutely love being able to support, guide and help others towards reconnection, healing and freedom. I work with couples, women in all stages of life, moms, teen girls, athletes, military/veterans and first responders- individually, couples, and family. I am trained in EFT and Gottman couples therapies, EMDR for trauma, PREPARE/ENRICH and SYMBIS for premarital counseling, IFS, Systemic, Attachment, and AEDP theories and therapeutic approaches. It requires bravery to take that first step towards healing and growth. You should be proud of your courage for making that decision today. It would be a true honor to walk alongside you during this season of your life.

The approach I take with counseling is systemic and relational- meaning I work with the whole person. I do not believe that you are an individual being, existing apart from others. Instead you are connected and interwoven into the groups, systems, and relationships you exist in. Therefore, we focus on you and everything that is impacting you- internally and externally- ultimately getting to the root of the issue. The goal is to treat the cause, not the symptoms. More importantly, if you are a believer there is no separation of faith from self so if requested I integrate faith into our sessions.



Metroplex Wellness and Counseling

Dr. Megan Cannedy

Megan@metroplexcounseling.com

(817)571-4110 (Metroplex office number)

(817)767-9335 (professional cell)

My name is Megan Cannedy and I am a licensed Marriage and Family Therapist in Texas and California. I completed my doctorate in Counseling Education and Supervision from Regent University, as well as received both my Bachelor's (B.A.) in Youth Ministry and my Master's (M.A.) in Clinical Psychology from Azusa Pacific University. Along with counseling I am actively involved in teaching, research, and counseling curriculum development. I utilize different theoretical approaches with clients, but conceptualize all treatment from a faith-oriented and holistic client modality in how we interact together. My areas of interest include women's issues, adolescents/young adults, and marriage therapy to address anxiety/stress, grief/trauma, life adjustment challenges, and spiritual integration.



Sharon Fulcher-Estes

<https://vinewell.com/>

(817) 809-9694

We recommend Sharon Fulcher-Estes who is a Board Certified Licensed Professional Counselor Supervisor and Advanced Certified Trauma Practitioner. Mrs. Fulcher-Estes' goal is to help individuals discover their purpose and strengths which leads to developing healthy relationships, attitudes and environments that flourish. Her clinical experience includes working with trauma and loss, children and adolescents, stress, work-related struggles, pre-marital, marriage, parenting, anger, anxiety, depression, behavioral problems, sexual abuse, addictions and women's issues. She enjoys working with individuals, couples and families.

Mrs. Fulcher-Estes' counseling is a faith-based integrative approach including: Family Systems Cognitive Behavioral, Child-Centered Play, Person-Centered Therapies and Behavior Modification. The focus of counseling is based on teaching concrete, behavioral, goal-oriented skills and techniques that can be easily transferred to real life situations.

Counselors for Children

- Cornerstone Counseling Center, 817.595.2520 (Peggy Nix) (children) (4037 Parchman, NRH, 76180) depression, fear & anxiety, Trauma.
- Rush Creek Counseling Center, Sharon Goode 2350 SW Green Oaks Blvd, Arlington, Texas 76017 817-704-6991 ext. 296, addictions, stress, depression, trauma/PTSD, OCD, anger management, blended family.
- The Family Counseling Center, 1903 Central Drive #102, Bedford, Texas 76021 (Hank Arnold) 817-399-1270 Individual counseling. Play therapy, learning problems, marital & family counseling. Non- Member GW
- Southlake Christian Counseling, (Ami Evans, LPC-1) 817-723-0408 spirit filled, children ages 12 & up, depression, eating disorders, anger management, spiritual abuse.

SUICIDE THREATS or ATTEMPTED SUICIDE

1. If suicide has been attempted, immediately call 911
2. If the individual is threatening self-harm, always take that threat very seriously!
 - Evaluate situation to determine if immediate action is required
 - If urgent threat is sensed, choose one of the following:
 - Contact local police department (911)
 - Contact a Suicide Crisis Hotline
 - 800-273-8255 (national)
 - 817-335-3022 (MHMR Fort Worth)
 - Offer assistance
 - Offer to take them to the nearest emergency room for evaluation
 - Communicate threat to the proper individuals
 - If in a group setting:
 - Notify Campus Groups Pastor and/or Campus Pastor
 - Notify immediate family member if possible (ensure individual is aware of your actions)
 - If with a Prayer Team Member:
 - Notify Campus Pastor
 - Notify immediate family member if possible (ensure individual is aware of your actions)
 - Offer to take them to the nearest emergency room for evaluation

3. Please note: If insurance is an issue, take them to the JPS (John Peter Smith) Emergency Room for evaluation. Many services at JPS are provided with small or no fees
4. Address is: John Peter Smith Hospital Emergency Department
1575 S Main St
Open 24 hours · (817) 702-8828

PORNOGRAPHY and SEXUAL ADDICTION

Anew Counseling

<https://www.anewcounselingdfw.com/>

HighRidge Small Groups

Please contact our Men's Ministry for any sexual purity small groups we might be offering.

For Men

Men's Integrity Group (MIG) i.e. SAA Ft Worth (Not listed HighRidge Groups Directory for confidentiality)
Meets in Ft Worth on Wednesdays at 7:00PM The Harley-Davidson 3025 W Loop 820 S Ft Worth, TX, 76116 Enter through NW Entrance, go upstairs to conference room

Big Book Book Study

Here's the contact person: Cody C: [817-691-6288](tel:817-691-6288) MIGFORTWORTH@GMAIL.COM

For Women

Dallas Women's SAA Group:

Meets in Dallas on Saturday mornings at the Center for Spiritual Development.

Here's the contact person: Paula S. 4696526050

Denton Women's SAA Group:

Here's is the contact person: Sara P (201) 449-2279