

WEST SHORE AREA
CHRISTIAN COUNSELING
RESOURCES

Greetings in the name of Christ.

My name is John King and I am an online Associate Professor of Counseling at Liberty University and an Associate Pastor at Mechanicsburg Brethren in Christ Church. This booklet includes a list of counselors and agencies that I either personally know of, or who have excellent recommendations from counseling clients or pastors. All of these counselors operate from a Christian worldview and are committed to the preservation of families and marriages. For a number of these counselors in the following pages, I have either been their professor or their supervisor as they worked towards their Master's Degree or their license as a professional counselor.

There are three parts to this booklet:

1. A list of specific counselors that I recommend.
2. A list of counseling agencies where there are two or more counselors in the practice that I recommend.
3. An index of counselors based upon specific issues like addiction, sexual abuse, marriage & family, etc. Please note that this index is not exhaustive. Almost all counselors are capable of working with someone struggling with depression, for example.

I do hope that this counseling resource will be very helpful for the entire West Shore region for clergy, community and social service agencies, first responders, educators, and those serving in government.

John A. King, Ph.D., M.Div., M.A., LPC

Please Note: My provision of these counseling resources does not constitute or imply an endorsement or recommendation of these service providers. Each of these counselors and resources has provided excellent care to someone that I know, but every person and situation is different. Thank you for your understanding.

INDIVIDUAL COUNSELORS

Listed alphabetically by last name

NAME	Tegan Blackbird		
ADDRESS	Psychological Health Affiliates 108 S. Main Street, Manheim, PA 934 E Chocolate Ave, Hershey, PA 1201 Slate Hill Rd, Camp Hill, PA		
WEBSITE	phacentralpa.com		
PHONE	717-665-2675	NOTES	

NAME	Mike Blount		
ADDRESS	West Shore Free Church 1345 Williams Grove Road		
CITY	Mechanicsburg	STATE	PA ZIP 17055
WEBSITE	westshorefree.org		
PHONE	717-697-0226	NOTES	

NAME	Sara Bupp		
ADDRESS	West Shore Wellness 4076 Market Street, Suite 100		
CITY	Camp Hill	STATE	PA ZIP 17011
WEBSITE	westshorewellnessllc.com		
PHONE	717-301-4044	NOTES	

NAME	Jonathan Burchard		
ADDRESS	In Him Christian Wellness 355 N 21 Street, Suite 208		
CITY	Camp Hill	STATE	PA ZIP 17011
WEBSITE	Inhimchristianwellness.org		
PHONE	717-461-3360	NOTES	

Domestic Violence

G. Donald Cribbs
Jennifer Park

Marriage & Family

Tegan Blackbird
Jonathan Burchard
Krista Cochran
Jesse Gill
Heather Hostler
Dan Lundblad
Stacy Masshardt
Stacey Morgan
Jolene Ness
Becky Schmidt
Janelle Williams
Kimberly A. Winters
Becky Yutzy

Pregnancy

Lori Peters

Relational Conflict

Mike Blount
Sara Bupp
Diana Carlson-Brown
Beth Clark
Krista Cochran
Heather Hostler
Philip Lawlis
Dan Lundblad
Stacey Morgan
Kimberly A. Winters

Same Sex Attraction

Mike Blount
Krista Cochran
Dan Lundblad
Stacey Morgan

Significant Psychological Issues

Tegan Blackbird
Sara Bupp
Jesse Gill
Heather Hostler
Becky Schmidt

Trauma & PTSD

Jonathan Burchard
Diana Carlson-Brown
G. Donald Cribbs
Krista Cochran
Sheldon Kauffman
Dan Lundblad
Stacey Morgan
Kimberly A. Winters

Young Adult & Life Transitions

Beth Clark
Krista Cochran
Heather Hostler
Dan Lundblad
Stacey Morgan
Jolene Ness
Becky Yutzy

INDEX OF NEEDS

Listed alphabetically

Abuse (physical, emotional)

Mike Blount
Sara Bupp
Krista Cochran
G. Donald Cribbs
Sheldon Kauffman
Philip Lawlis
Dan Lundblad
Stacey Morgan
Becky Schmidt
Cynthia Vanderark
Janelle Williams
Kimberly Winters

Addiction/Sexual Addiction

Eileen Gardner
Philip Lawlis
Kimberly A. Winters
Jeff Wolfe

Adoption

Nate Hempel

Anger Management

G. Donald Cribbs
Jesse Gill
Sheldon Kauffman

Anxiety & Depression

Tegan Blackbird
Sara Bupp
Jonathan Burchard
Diana Carlson-Brown
Beth Clark
Krista Cochran
G. Donald Cribbs
Mallory Evans
Jesse Gill
Sheldon Kauffman
Dan Lundblad
Stacey Morgan

Jolene Ness
Becky Schmidt
Jeff Wolfe
Becky Yutzy

Boundaries/Codependency

Beth Clark
Eileen Gardner

Career Management/ Life Coaching

Mike Blount
Beth Clark
Philip Lawlis
Becky Yutzy

Child/Adolescent Issues

Tegan Blackbird
Sara Bupp
Diana Carlson-Brown
Krista Cochran
G. Donald Cribbs
Mallory Evans
Jesse Gill
Dan Lundblad
Stacey Morgan
Jolene Ness
Becky Schmidt
Janelle Williams

Christian Spirituality

Beth Clark
Shawn Geraty
Heather Hostler
Becky Yutzy

NAME	Diana Carlson-Brown		
ADDRESS	Upturn 355 N 21 Street, Suite 200		
CITY	Camp Hill	STATE	PA ZIP 17011
WEBSTIE	upturntoday.weebly.com		
PHONE	717-745-7463	NOTES	

NAME	Beth Clark		
ADDRESS	Psychological Health Affiliates 108 S. Main Street, Manheim, PA 934 E Chocolate Ave, Hershey, PA 1201 Slate Hill Rd, Camp Hill, PA		
WEBSITE	phacentralpa.com		
PHONE	717-665-2675	NOTES	

NAME	Krista Cochran		
ADDRESS	West Shore Free Church 1345 Williams Grove Road		
CITY	Mechanicsburg	STATE	PA ZIP 17055
WEBSITE	westshorefree.org		
PHONE	717-697-0226	NOTES	

NAME	Michael Courtney		
ADDRESS	Day Seven Ministries 802 Olde Hickory Road		
CITY	Lancaster	STATE	PA ZIP 17601
WEBSITE	dayseven.net		
PHONE	717-735-0690	NOTES	

NAME	G. Donald Cribbs		
ADDRESS	In Him Christian Wellness 355 N 21 Street, Suite 208		
CITY	Camp Hill	STATE	PA ZIP 17011
WEBSITE	Inhimchristianwellness.org		
PHONE	717-461-3360	NOTES	

NAME	Mallory Evans		
ADDRESS	Upturn, LLC. 355 N. 21 Street, Suite 200		
CITY	Camp Hill	STATE	PA ZIP 17011
WEBSITE	Upturntoday.weebly.com		
PHONE	717-745-7463	NOTES	

NAME	Eileen Gardner		
ADDRESS	Healing Waters Counseling (Practices out of Grantham BIC, McBIC, Daybreak, and Hershey Free Church)		
CITY	Mechanicsburg	STATE	PA ZIP 17055
PHONE	717-418-2850	NOTES	

NAME	Shawn Geraty		
ADDRESS	Grace Like a River Counseling 200 Gettysburg Pike		
CITY	Mechanicsburg	STATE	PA ZIP 17055
WEBSITE	gracelikeariver.com		
PHONE	717-516-1199	NOTES	

NAME	West Shore E Free Church Counseling Ministry			
ADDRESS	1345 Williams Grove Road			
CITY	Mechanicsburg	STATE	PA	ZIP 17055
WEBSITE	westshorefree.org			
PHONE	717-697-0226	NOTES		

NAME	West Shore Wellness			
ADDRESS	4076 Market Street			
CITY	Camp Hill	STATE	PA	ZIP 17011
WEBSITE	westshorewellnessllc.com			
PHONE	717-301-4044	NOTES		

NAME	Jesse Gill			
ADDRESS	Psychological Health Affiliates 108 S. Main Street, Manheim, PA 934 E Chocolate Ave, Hershey, PA 1201 Slate Hill Road, Camp Hill, PA			
WEBSITE	phacentralpa.com			
PHONE	717-665-2675	NOTES		

NAME	Nate Hempel			
ADDRESS	West Shore Wellness 4076 Market Street, Suite 100			
CITY	Camp Hill	STATE	PA	ZIP 17011
WEBSITE	westshorewellnessllc.com			
PHONE	717-918-4900	NOTES		

NAME	Heather Hostler			
ADDRESS	Psychological Health Affiliates 108 S. Main Street, Manheim, PA 934 E Chocolate Ave, Hershey, PA 1201 Slate Hill Road, Camp Hill, PA			
WEBSITE	phacentralpa.com			
PHONE	717-665-2675	NOTES		

NAME	Sheldon Kauffman			
ADDRESS	Psychological Health Affiliates 1201 Slate Hill Road, Camp Hill, PA 108 S. Main Street, Manheim, PA 934 Chocolate Ave, Hershey, PA			
WEBSITE	phacentralpa.com			
PHONE	717-665-2675	NOTES		

NAME	Philip J Lawlis			
ADDRESS	West Shore Free Church 1345 Williams Grove Road			
CITY	Mechanicsburg	STATE	PA	ZIP 17055
WEBSITE	westshorefree.org			
PHONE	717-697-0226	NOTES		

NAME	Dan Lundblad			
ADDRESS	West Shore Free Church 1345 Williams Grove Road			
CITY	Mechanicsburg	STATE	PA	ZIP 17055
WEBSITE	westshorefree.org			
PHONE	717-697-0226	NOTES		

NAME	Stacy Masshardt			
ADDRESS	Sacred Ground Counseling			
CITY	Mechanicsburg	STATE	PA	ZIP 17055
WEBSITE	sacredgroundcounseling.org			
PHONE	717-610-0915	NOTES		

NAME	Stacey Morgan			
ADDRESS	West Shore Free Church 1345 Williams Grove Road			
CITY	Mechanicsburg	STATE	PA	ZIP 17055
WEBSITE	westshorefree.org			
PHONE	717-697-0226	NOTES		

NAME	LifeWay Counseling			
ADDRESS	617 16th Street			
CITY	New Cumberland	STATE	PA	ZIP 17070
WEBSITE	tablelifechurch.org/about-us			
PHONE	717-546-9658	NOTES		

NAME	Psychological Health Affiliates			
ADDRESS	1201 State Road, Camp Hill, PA 934 E Chocolate Ave, Hershey, PA 108 S Main Street, Manheim, PA			
WEBSITE	phacentralpa.com			
PHONE	717-665-2675	NOTES		

NAME	Sacred Ground Counseling			
CITY	Mechanicsburg	STATE	PA	ZIP 17055
WEBSITE	sacredgroundcounseling.org			
PHONE	717-610-0915	NOTES		

NAME	Upturn			
ADDRESS	355 N 21st Street, Suite 200			
CITY	Camp Hill	STATE	PA	ZIP 17011
WEBSITE	upturntoday.com			
PHONE	717-745-7463	NOTES		

COUNSELING PRACTICES

Listed alphabetically

NAME	Agape Counseling of PA			
ADDRESS	5249 Simpson Ferry Rd			
CITY	Mechanicsburg	STATE	PA	ZIP 17050
PHONE	717-487-5493	NOTES		

NAME	Day 7 Ministries			
ADDRESS	802 Olde Hickory Road			
CITY	Lancaster	STATE	PA	ZIP 17601
WEBSITE	dayseven.net			
PHONE	717-735-0690	NOTES		

NAME	Grace Like a River Counseling			
ADDRESS	200 Gettysburg Pike			
CITY	Mechanicsburg	STATE	PA	ZIP 17055
WEBSITE	gracelikeariver.com			
PHONE	717-516-1199	NOTES		

NAME	In Him Christian Wellness			
ADDRESS	355 N 21 Street, Suite 208			
CITY	Camp Hill	STATE	PA	ZIP 17011
WEBSITE	inhimchristianwellness.org			
PHONE	717-461-3360	NOTES		

NAME	Jolene Ness			
ADDRESS	Upturn, LLC 355 N 21 Street, Suite 200			
CITY	Camp Hill	STATE	PA	ZIP 17011
WEBSITE	upturntoday.weebly.com			
PHONE	717-745-7463	NOTES		

NAME	Jennifer Park			
E-MAIL	jenpark@mail.com			
PHONE	717-602-9911	NOTES		

NAME	Lori Peters			
ADDRESS	True North Wellness Services 5351c Jaycee Ave			
CITY	Harrisburg	STATE	PA	ZIP 17112
WEBSITE	TrueNorthWellness.org			
PHONE	717-657-2290	NOTES		

NAME	Traci Rogers			
ADDRESS	Agape Counseling of Central PA			
CITY	Mechanicsburg	STATE	PA	ZIP 17050
WEBSITE				
PHONE	717-478-5493	NOTES		

NAME	Becky Schmidt			
ADDRESS	Upturn, LLC 355 N 21 Street, Suite 200			
CITY	Camp Hill	STATE	PA	ZIP 17011
WEBSITE	Upturntoday.weebly.com			
PHONE	717-745-7463	NOTES		

NAME	Cynthia Vanderark			
PHONE	717-580-8518	NOTES		

NAME	Kimberly A. Winters			
ADDRESS	Psychological Health Affiliates 1201 Slate Road, Camp Hill, PA 108 S. Main Street, Manheim, PA			
WEBSITE	phacentralpa.com			
PHONE	717-665-2675	NOTES		

NAME	Janelle Williams			
ADDRESS	9 Alliance Drive #105			
CITY	Carlisle	STATE	PA	ZIP 17013
WEBSITE	carlislecounselor.com			
PHONE	717-497-3991	NOTES		

NAME	Jeff Wolfe			
ADDRESS	LifeWay Counseling 617 16th Street			
CITY	New Cumberland	STATE	PA	ZIP 17070
WEBSITE	tablelifechurch.org/about-us			
PHONE	717-546-9658	NOTES		

NAME	Becky Yutzy			
ADDRESS	Upturn, LLC 355 N 21 Street, Suite 200			
CITY	Camp Hill	STATE	PA	ZIP 17011
WEBSITE	Upturntoday.weebly.com			
PHONE	717-745-7463	NOTES		