



COUNSELING RESOURCES

Sometimes life doesn't go according to plan. Sometimes we face feelings, situations, and trials that we are unprepared for. And sometimes we need extra help. Lakeside supports the insight and growth that can be achieved with a licensed marriage and family therapist. If you find yourself in need, you may consider these resources. Below is a list of local counselors. These therapists are recommended, not endorsed, by Lakeside Church.

Lakeside is willing to help pay for your first session. If you are interested in getting help in this area, please email our Care and Connections Pastor at care@lakesidechurch.com.

All counselors on this list are faith based, but by state law are required to not discuss their faith unless you ask.

Auburn

[Hamilton, Jordan](#)

Psy.D.

Phone Number: 916-622-6722

Specialty: Psychotherapy

✓Video Consultations available

El Dorado Hills

[Parker, Kristi L.](#)

MFT

Phone Number: 530-919-4857

Specialty: Individuals, Children, Families

✓Superbill

[Farrulla, Jessica](#)

MA, LMFT

Phone Number: 916-672-1693

Specialty: Individuals, Couples, First Responder

Trauma, EMDR

✓Superbill

[Jackowitz, Dan](#)

LMFT

Phone Number: 650-275-2141

Specialty: Addiction, Anger Management, Men's Issues. Client Focus: Men, Teens (14+), Couples

✓Superbill, Does not take insurance

✓Currently teletherapy only

Fair Oaks

[Russell, Sandra](#)

MFT

Phone Number: 916-213-1017

Specialty: Anxiety, Trauma, Children, EMDR,

Brainspotting

✓Superbill

Folsom

[Hamlin, Jason](#)

LMFT

Phone Number: 916-941-5490

Specialty: Anxiety, Depression, EMDR

✓Video Consultations only

✓Superbill

[Invictus Psychological](#)

MFT

Phone Number: 916-790-5138

ForrestTalley.com

Specialty: Anxiety, Depression, Trauma, Relationships

✓Video Consultations available

✓Superbill

Gold River

[Parkins, Bob](#)

LMFT

Phone Number: 916-337-5406

✓Superbill

Placerville

[Thompson, Barbara](#)

M.A.

Phone Number: 530-676-4445

The Discovery Group

✓Superbill

[Roe, John E.](#)

Ph.D.

Phone Number: 530-676-4445

The Discovery Group

✓Superbill

Roseville

[Lewis, Wendy](#)

LCSW

Phone Number: 916-797-3344

Specialty: Relationships, Parenting, Depression,
Grief, Post Traumatic Stress, EMDR

✓Superbill

[Walker, Sheila](#)

CADC

Phone Number: 916-517-1683

Specialty: Alcohol & Drug Abuse

Sliding Pay Scale Resource

If you don't have insurance that covers counseling and can't afford to pay for it out of pocket, try this resource for a payment you can afford based on your income.

[Hope Counseling Center](#)

Folsom, Roseville, Midtown Sacramento

Phone Number: 916-780-1059