

Counseling & Mental Health

Note: This list of Counselors is provided to you as a resource, not an endorsement by the MDC or MNSOM

- **Rock Bridge Counseling and Mental Health**
the mental health division of Mn Adult & Teen Challenge. Committed to helping individuals and families find the counseling support they need to succeed. We believe that you were created to thrive, not just survive!
<http://rockbridgecounseling.org>
- **Arden Woods Psychological** www.ardenwoodspych.com
Office: New Brighton MN 651/482-9361
- **Nystrom and Associates, Ltd** www.nystromcounseling.com
Brian Nystrom
Offices: Apple Valley 952/997-3020
Brainerd/Baxter 218/829-9307
Coon Rapids 763/767-3350
Duluth 218/722-4379
Eden Prairie 952/746-2522
Elk River/Otsego 763/746-9492
Maple Grove 763/274-3120
New Brighton 651/628-1748
Woodbury 651/714-9646
- **My Life Solutions**
Dr. Tim Ruden
Office: 4640 Slater Rd 130
Eagan, MN 55122 651/882-5161
- **Christian Recovery** www.christianrecoverycenter.org
Lisa McDonald
8441 Wayzata Blvd, Suite 160
Golden Valley, MN 55426
763-231-7602 (direct)
763-566-0088 (main)
- **Counseling Care** www.counselingcare.us
Dr. Marcus Bachmann, PhD
Mari Tollefson-Boyd, MA, LMFT
Michelle Abbott, MA
Offices: Lake Elmo 651/379-0444
Burnsville 952/892/8495

- **Lakes Country Counseling**

Steve Vagle (cell) 320-630-3695

218-454-0878

Baxter, MN

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