

Who We Are

This agency is committed to the knowledge that everyone is the expert in their own lives. Our charge is assisting individuals to find greater access to their own internal sense of resiliency and to build a stronger belief in themselves.

Our clinicians specialize in:

- Anxiety and Depression
- Agoraphobia
- Domestic Violence / Intimate Partner Abuse
- Eating Disorders
- Gender / Sexual Identity Issues
- Autism Spectrum Disorders
- Post Traumatic Stress Disorder
- Survivors of Bullying

What we provide:

- Cognitive Behavior Therapy
- Dialectical Behavioral Therapy
- Play Therapy
- Solution Focused Therapy
- EMDR
- Psychotherapy

Individual, group and family support is provided in an outpatient setting for children and adults. We also provide home support to children and families.

We accept most major insurances, including MaineCare and private pay.

Our Vision

It is our vision that a pluralistic world will exist where all abilities, races, creeds, faiths, sexual and gender orientations will be respected, strengthened and empowered to be their most resilient.

Our Mission

To support individuals in finding their authentic selves and assist them to face life traumas through individual, group and family work.

We Recognize

The importance of all aspects of a community is that:

- ❖ All individuals and families are important to society.
- ❖ A family consists of two or more people who choose to share love and support one another.
- ❖ Families can be related through commitment, marriage, birth, or adoption.
- ❖ There is currently an inherent power structure that limits some individuals and families while it promotes others.
- ❖ Mental health issues can arise from all of life's domains for any individual.

Our History

Lawrence (Lonnie) N. Leeman, LCSW founded Christopher Aaron Counseling Center, LLC in the spring of 2005.

Lonnie earned a Master's Degree in Social Work in 2001 from the University of New England and has a Bachelor's Degree in Psychology. His professional experience includes Youth Educator for Family Crisis Services, Regional Program Director for Atlantic Home Health and Coordinator for HOPE Team at Tri-County Mental Health Services.

The inspiration and driving force behind the work that Lonnie has done and aspires to in the future, is his nephew, Christopher Aaron.

Christopher Aaron has autism. Due to family circumstances, he came to live with his sister, Rebecca and her partner, Lisa, at the age of 10. They have provided him with love, support and resources he needed to bridge his world and the outside world. His journey has touched everyone he meets.

To learn more about Christopher Aaron's inspirational story, or the agency, please visit our website:

www.christopheraaron.org

At Christopher Aaron Counseling Center, we are committed to programs for people, and *not* people for programs.

The needs of those we serve are real. It is our responsibility to assist them to find the supports that will build their belief in themselves and to restore the internal sense of resilience.

All staff is committed to provide direct care to our clients. Christopher Aaron Counseling Center is, and always will be, Clinician owned and operated.

Proudly serving the greater Gray - New Gloucester area since 2007.

**Christopher Aaron
Counseling Center**

26 Main St; PO Box 255
Gray, ME 04039

Tel: 657-7700 Fax: 657-7770

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Have a referral? Call (207) 657-7700

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Restoring Resilience*

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