

# Therapy Program

If you are a victim or survivor of domestic violence, sexual assault, or human trafficking and are interested in individual therapy, please call us to schedule a therapy intake at **(269) 345-5595 ext. 346**.

eliminating racism  
empowering women  
**ywca**  
Kalamazoo

353 E. Michigan Ave  
Kalamazoo, MI 49007  
(269) 345-5595 ext. 346  
ywcakalamazoo.org  
24/7 HELP HOTLINE  
(269) 385-3587



**Rachel Bartz, LMSW-C**  
*she/her*

You are worthy of a space where you can process your experiences in a safe place without fear or judgment. Through using the empowerment model, I will be alongside you while we highlight your innate strengths and wisdom and take therapy at your own pace. I believe that through this therapeutic space, we can work to discover, uplift, and master skills you can incorporate into your daily life to help the healing process begin.



**Allyson McClellan, LLMWSW**  
*she/her*

I believe my role as a therapist is to walk alongside individuals with an open mind and listening ear while they continue to grow and heal. I am trained in various therapy styles to support those who have experienced trauma. It is important to me to provide therapy space where people feel seen, heard, believed and valued. I strive to empower those I work with by highlighting their strengths, recognizing their natural coping skills, and introducing additional ideas and perspectives for enduring life's ups and downs.



**Lauren Fesler, LMSW**  
*she/her*

I create an open space for you to share your story and be your authentic self. I will support you as you navigate your healing journey. You have the right to be heard, feel empowered, and have your personal beliefs acknowledged. Through a collaborative approach, we can work together to create a plan for healing based on your unique, individual goals where you can begin to cultivate new skills and build fulfilling relationships.



**Erika Denny, LLMWSW**  
*she/her*

Taking the initial steps to see a therapist can be challenging and uncomfortable at times; these are feelings are normal. Taking the first step in seeking further guidance shows that you are ready to regain control of your life. I am here to support you through the stages of your healing journey. I strive to offer you a brave space to process and overcome emotional trauma. I believe in an approach that facilitates self-discovery and self-empowerment, along with positive cognitive restructuring to help you gain confidence in making your own decisions and feeling your voice heard. Together, we will work to develop an individualized plan and set goals specific to your needs to achieve healthy emotional growth.



**Shatia Steel Pawlowski, TLLP**  
*she/her*

Imagine for a moment a life where you feel fulfilled, connected to yourself and others, and inspired. You've developed coping mechanisms that help you effectively manage feelings like stress, guilt, or shame. You feel confident about your ability to reach goals you've created regarding relationships, past trauma, and other milestones. You navigate healing and life with more curiosity and less anger, depression, and anxiety. Now picture yourself experiencing all of what you've imagined while being supported, heard, and seen; this is therapy. Let's visualize and make a plan for moving forward together!



**Pull a tab to get connected to a therapist today!**

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