

## **Coping Referral List**

### **Professional Counseling and Therapeutic Resources**

**Phillis W. Cooke, LCSW-C, BCD**

Insight and Out, LLC

Phone: 301-649-1415

(Silver Spring Area)

**Dr. Shani Glaude' (pronounced Glaw-day)**

Phone: 240-893-2763

(Rockville and Germantown Areas)

[www.drshaniglaude.com](http://www.drshaniglaude.com)

**Ron Lafleur- LICSW**

Professional Psychotherapist

Independent Practice (Washington, DC)

**Please TEXT:** 202-716-8852

**Dr. Linda McGhee**

Phone: 202-271-8875

[Drlinda@drllmcghee.com](mailto:Drlinda@drllmcghee.com)

**Leon C. Pierce, Sr., LCSW-C**

Clinical Social Worker for Psychiatry

Phone: 301-873-0389

Email: [sayyestoic@gmail.com](mailto:sayyestoic@gmail.com)

**Rev. Reginald Townsend, MDiv., MSW, LICSW**

Clinical Pastoral Counselor

Phone: 571-216-1434

Email: [reginald.rt27@gmail.com](mailto:reginald.rt27@gmail.com)

**Release Mental Health & Wellness**

Phone: 301-265-5754

(Downtown Silver Spring)

[releasementalhealth.com](http://releasementalhealth.com)