



National Directory of Wellness Providers

The following UFH providers are approved to provide Virtual Treatments and Therapies to help support you during COVID-19 and beyond.

Use your Wellness Passport to access therapies and services from the approved providers below. Unite for HER will cover the cost of up to 6 therapy sessions of our choice.

One Square = one Treatment. Providers will bill Unite for HER directly.

Meditation/Yoga

Michelle Stortz, C-IAYT, RYT500, MFA
215-242-1366 | m@michellestortz.com
michellestortz.com

Mary Garbesi

Certified Lyengar Teacher, CIAT Teacher 1000
856-503-7545 | lyengaryogaloft@gmail.com

Megan Do Nascimento, RYT 200 (Spanish Speaking)
215-906-0532 | Megandonascimento@comcast.net

Dejenaba N. Gordon, MPH, RYT200 (African American)

BE Yoga- BBeginner's Practice for ALL Bodies, People & Ages
856-361-5935 | dejenaba@gmail.com

Alison Donley, E- RYT500

484-643-0870 | aliuncaged2017@gmail.com

Erik Marrero, E-RYT 500

856-582-5717 | ejmarrero@comcast.net

Rana Walker, M. Ed., RScP, RYT 200

215-660-9494 | hello@ranawalker.com
www.ranawalker.com

Nutrition

Erin Pellegrin RD, LDN

UFH Nutrition Manager, Culinary Nutritionist
epellegrin@uniteforher.org

Michele DiCristofaro MS, RD, LDN

UFH Nutrition Consultant, Culinary Nutritionist
mdicristofaro@uniteforher.org

Fitness

Stronger Thru Cancer

Priscilla Fitzpatrick
610-241-1078 | strongerthrucancer@gmail.com

Reiki

Fundamental Balance

Eileen S. Curry, Reiki Master, MSN, RN, CCRN
Patricia Lachman, Reiki Master
610-209-6632 or 610-647-6157
pattylachman@gmail.com

Sharon Edelman, RM, LMT

609-320-2654 | stillwaterswellnessllc@gmail.com

Ronda Crary, MS, LMT, CMLDT

302-229-2494 | ronda.crarylmt@gmail.com
rondacrary.com

Jikiden Reiki Philadelphia

Rae S. Whatley, Reiki Teacher
215-253-8426 | jikidenreikiphiladelphia@gmail.com

***Counseling**

If your state is not listed, please contact:

Sarah Murphy, Unite for HER Staff Counselor
610-212-9144 | smurphy@uniteforher.org

Sarah Murphy*, LPC, Unite for HER Staff Counselor is available for clients in: **AR, CO, FL, GA, MD, PA, NJ, VA, VT.** **Carmen Lewis**, PsyD** is available for clients in: **AL, AZ, AR, CO, DE, DC, GA, IL, KS, KY, ME, MD, MN, MS, NV, NE, NH, NJ, NC, OH, OK, TN, TX, UT, VA, WV, WI.**

***For counseling in other states, see below.**

California:

Rachel Michaelson, LCSW
(510) 869-7121 | rachel@rachelmichaelsen.com
rachelmichaelsen.com

Deborah H. Krois, Psy.D. Licensed Psychologist
License #PSY11779
665-7529 (leave message, accepting UFH clients)

Robyn Sheiniuk, LCSW
Restorative Counseling Center
restorativecounselingcenter.org | (323) 834-9025

InspireMe Counseling and Wellness Center
(661) 323-3100 | Fax: (661) 323-3101
info@inspiremecounseling.com *Spanish Speaking*

Connecticut:

Jessica LaRosa, JLS Connections
jlsconnections@gmail.com | (860)212-9534

Illinois:

Carmen J. Lewis, PsyD**

Ra'eesa Sadat, MPH, LCSW
r.sadat328@gmail.com | 847-630-1599

New York:

Marianne Sadek, LCSW
315-322-9084 | marianne.sadek@gmail.com

Aviva Chansky Guttman, LMSW
631-885-4375 | avivachanskyguttman.com

Oregon:

Amy L. Harris, Psy.D., PMH-C
amyharrispsyd@gmail.com | (503) 336-3633

Marney Hoffman, Ph.D. Hoffman Behavioral Health
503.504.5067 | drmarneyhoffman@icloud.com

South Carolina:

Julie Mullins, Orange Therapy LLC
jmullins4eorangetherapy@gmail.com

Virginia:

Sarah Murphy, Unite for HER Staff Counselor
610-212-9144 | smurphy@uniteforher.org

Andrea Weisman, Psy.D.
804-252-0512
drweisman@tikvahcollaborative.com

Rebecca S McIntyre MA, M.Ed., LCSW
(434) 218-0654 | Rebeccamcintyrelcsw@gmail.com

Carmen J. Lewis, PsyD**

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Marney Hoffman, Ph.D. Hoffman Behavioral Health
503.504.5067 | drmarneyhoffman@icloud.com

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**Carmen J. Lewis 215-806-5858 Carmen@LewisImmEvals.com *Spanish Speaking*