

Our Mission. "To provide professional counseling and holistic therapies with respect and compassion so that each person may recognize his/her individual worth and find reconciliation with oneself and with others."



Maria Droste Counseling Services

Remembers our Founder

Sr. Joanne Westwater, RGS

May 5, 1930 – March 8, 2015

Maria Droste Counseling Services is deeply saddened by the loss of Sr. Joanne Westwater, RGS. She was a devoted Sister of The Good Shepherd for over 50 years. She passed away suddenly, March 8, at the age of 84. In 1992, Sr. Joanne realized her dream and founded Maria Droste Counseling Services where she remained actively involved well after her retirement. Our Staff, Board of Directors, friends of the agency, and her many clients, whom she served up until her passing, will sorely miss her innate belief in the mission of Maria Droste Counseling Services, her exuberant smile and zeal for life.

Thank you to all our supporters of our recent fundraising events in 2015

Over 400 people came to celebrate our **10th Annual Darlene Sheehan Fashion Gala** on Thursday, April 23rd. Maria Droste Counseling Services is very grateful, once again, to the staff at The Lantana in Randolph as well as David Josef Designs & Hajjar's Big & Tall who provided the beautiful fashions for the show. We are indebted to our volunteers and friends of the agency who work tirelessly every year to ensure our gala is a success. Please **SAVE THE DATE** for our **April 28th, 2016** event, which is sure to be another showstopper!



Thank you to all who came out to support the wonderful **annual "Pick-A-Purse" auction held by the Brookdale Quincy Bay** (formerly the River Bay Club) to benefit the work of Maria Droste Counseling Services. The beautiful event was run by Karen Black along with her colleagues Marc Cohen, Executive Director, Claire, Lynne and Kim! We had a large selection of gently used purses and bags, along with gorgeous handmade jewelry on the auction block. Delicious appetizers and beverages were also served while folks made their bids and enjoyed some music and conversation. People left that afternoon weighed down with their many purchases but delighted with their haul!

Please join us next year!

*All proceeds from our fundraising events go directly to support and serve our mission clients!
Maria Droste Counseling Services is a 501(c)(3) non-profit organization.*

Our Services

We offer Mental Health Counseling and Holistic Therapy Services to nurture body, mind and spirit for adults, youth and children. Our staff, interns and volunteers represent a cross section of backgrounds and religious affiliations.

Mental Health Counseling Services

Individual Therapy
Couples Therapy
Family Therapy
Group Therapy
Meditation Groups

New Programs

- ❖ Whole Health Education
- ❖ Nutrition Counseling
- ❖ 5 Week Substance Use Disorder Education Program

Holistic Therapy Services

Biodynamic Craniosacral Therapy
Massage Therapy
Polarity Therapy
Reiki Therapy

A Message from Our Executive Director, Michael Shanahan

Dear Friends,

It is hard to believe that two years have passed in my role as Executive Director. My appreciation and gratitude for the people we serve, to staff and volunteers who give their best daily, and to you, friends and supporters of Maria Droste Counseling Services, have grown tremendously. We provide expert, quality mental health and substance abuse counseling, as well as a wide range of holistic services and we are growing. In the past two and a half years, we have provided clients with over 6,500 therapy sessions. Calls to the agency are up 35%, reflecting the increased demand for services we are offering.



Our success is threefold. First, we continue the tradition of providing compassionate services that honors my predecessors, Sr. Joanne Westwater and Sr. Lorraine Bernier. Second, our staff and volunteers are diverse and well-trained in their fields while also being committed to our mission. I am in awe of the Maria Droste team and their desire to serve those in need who otherwise would not be getting mental health services. Third, and most important, is you. None of this would be possible without the belief and support from people like you, so **THANK YOU!**

Maria Droste Counseling Services is truly a very special agency. I look forward to continuing its vision of giving hope to life!

SAVE THE DATE!

Maria Droste Counseling Services
Annual Fashion Gala

Thursday, April 28th 2016

Help Make a Difference!
&

DONATE TODAY

Please visit our website for more
information on ways to donate!

• GRANTS AWARDED •

*We have been fortunate to receive grants
this year from Foundations who believe in
our mission! With gratitude to,*

The Agnes M. Lindsay Trust
Alice Willard Dorr Foundation

Blue Cross Blue Shield of Massachusetts
Catholic Health Foundation of Greater
Boston, Inc.

Cummings Foundation, Inc.

Eastern Bank Charitable Foundation

Frank W. and Carl S. Adams Memorial Fund
Greater Boston Council on Alcoholism, Inc.

Maria Droste Counseling Services Addressing Mental Health Disparities Did you know...

- Approximately **1 in 4 adults** are affected by mental illness.
- One of the main reasons people do not seek help for mental health treatment is that they are underinsured or uninsured. Even with mandated health coverage in Massachusetts, MDSC continues to see a disturbing trend: **15% of our clients present with no health insurance!**
- Thanks to your support and our dedicated team, MDSC is uniquely able to respond to this ever-growing need in a timely manner that sets us apart from other agencies. Within a week of referral, **77% of new intakes have had their first appointment.**

Connect with Us!

Keep up with our latest news by connecting with us online.

If you would like to receive our newsletter by email, please send us your
email address to info@mariadrostecounseling.com

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