

CLIENT TESTIMONIALS

“Without counseling services that I can afford, I would not be in therapy. It has been too long a road that I’ve traveled to end up in yet another therapist’s office who just doesn’t care! Maria Droste is a warm, welcoming place. No front desk or glass window to check in, no insurance card requested, just a group of people who are dedicated to helping those who struggle with personal difficulties find hope & healing.”

Anonymous, MDCS client

“Sometimes life gets challenging and overwhelming, taking a toll on our day-to-day happiness and well-being. Instead of giving up and accepting this as my new normal, I went to Maria Droste. They have been invaluable in equipping me with all of the tools I need to tackle life’s obstacles and to keep my mental health on track.”

Katy, MDCS client

“I feel like, for the first time ever, I have control over my life. I feel that I like myself.”

P.B., MDCS client



Maria Droste Counseling Services
1354 Hancock Street
Suite 209
Quincy, MA 02169

Located in the Adams Building
on the 2nd floor.

P **617.471.5686**
F **617.471.6622**

Hours:
Monday - Friday
9am - 5pm

*Evening appointments are based
on therapist availability.*

For general inquiries:
info@mariadrostecounseling.com

mariadrostecounseling.com



MARIA DROSTE
COUNSELING SERVICES
BRINGING HOPE TO LIFE
SINCE 1992

Mental-Health
Counseling &
Holistic Therapies



ABOUT US

Maria Droste Counseling Services is a small, non-profit outpatient mental-health counseling and holistic therapy agency. The foundation of our agency is built on the belief that each person has the right to a quality life.

Our Mission

To provide professional mental-health counseling and holistic therapies that are compassion-based and affordable to ALL persons in need.

Our Services

We offer mental-health counseling and holistic therapy services to nurture mind, body, and spirit. We embrace and honor diversity in all its forms.

Where you can turn for help when...

- * Experiencing stress, anxiety, depression, fear, chronic pain, behavioral problems, addiction problems, or difficulties at home, work, school, or in relationships;
- * Looking for an empathetic professional who will listen;
- * Recognizing a gap between your need for service and your ability to pay;
- * Seeking a holistic approach to care.

Fee Policy

Our fee policy is designed to help ALL in need who can benefit from our services. For those without insurance or with expensive copays and/or high deductibles, we are committed to negotiating a sliding scale fee based on financial ability.

We also accept the following insurance plans:

AllWays
Blue Cross Blue Shield
Harvard Pilgrim
Magellan
Tufts
United Behavioral Health
United Health Care

MENTAL-HEALTH COUNSELING

Individuals, couples, family, and group therapy for children adolescents, and adults supported by our integrated and holistic approach to treatment.

Our team is comprised of licensed mental-health counselors, marriage & family therapists, clinical social workers, volunteers, and interns with a wide variety of training, experience, and backgrounds.

Our services are provided in accordance with the professional standards and certifications required by the Commonwealth of Massachusetts as well as appropriate professional organizations.

Areas of Expertise

- * Addictions & Coping with Family Substance Use
- * Anger Management
- * Anxiety, Stress, Panic, and Phobias
- * Chronic Pain & Illness Management
- * Codependency
- * Depression
- * Family Issues & Relationship Stress
- * Grief Therapy
- * Life Changes & Transitions
- * Marriage, Divorce and Relationship Issues
- * Parenting Support
- * Play Therapy for Children
- * Post-Affair Recovery
- * Pre-Marital Counseling
- * Self-Esteem Building
- * Sexuality, Gender, Identity Exploration, and Personal Growth
- * Social Skills
- * Spirituality & Faith-Based Counseling
- * Teen & School Issues
- * Trauma Resolution
- * Workplace Conflict & Career Development

HOLISTIC THERAPY SERVICES

Massage Therapy

Massage Therapy is a scientific manipulation of the soft tissues of the body for the purpose of normalizing those tissues and consists of manual techniques that include applying fixed or movable pressure, holding, and/or causing movement of or to the body. It is a series of actions aimed at achieving or increasing health and wellness.

Craniosacral Therapy

Biodynamic Craniosacral Therapy is a holistic healing practice that uses very light touching to balance the craniosacral system in the body, which included the bones, nerves, fluids, and connective tissues. The human body is designed as a complete system of tissues and fluids in constant mobility and is self-regulatory. Although the treatment approach is very subtle and gentle, the treatment experience can be profound and very healing to the system.

Polarity Therapy

Polarity therapy is a holistic, energy-based system that includes bodywork, diet, exercise, and lifestyle counseling for the purpose of restoring and maintaining proper energy flows throughout the body.

Energy Medicine Therapy

Energy Medicine is based on the practitioner working with you to balance your whole system; mind, body, and spirit. Whether you need to relax and restore or are dealing with the effects of illnesses like Fibromyalgia, Lyme disease, Thyroid Disorders, or Arthritis, energy work will help support your current methods of healing.

Reiki Therapy

Reiki therapy is a complementary therapy in which a trained practitioner places their hand on or above a specific body area and transfers what is called “universal life energy” to the client. A Reiki treatment is relaxing and uplifting.