



**MARIA DROSTE**  
COUNSELING SERVICES

BRINGING HOPE TO LIFE

*Since 1992*

# ANNUAL REPORT

**FISCAL YEAR 2025**

JULY 1, 2024 – JUNE 30, 2025

MARIA DROSTE COUNSELING SERVICES IS A 501(C)(3)  
NON-PROFIT ORGANIZATION. EIN 83-1596391

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# A MESSAGE FROM OUR EXECUTIVE DIRECTOR



Dear Friends,

Maria Droste Counseling Services has been offering outpatient mental-health services that are accessible and affordable for over 33 years. In the past 10 years, our office space and staff have doubled in size. While expansion is not a goal, our growth is testimony that we are recognizing and meeting the ever-growing need for our compassionate care model of providing professional counseling – and not turning anyone away who cannot afford necessary weekly appointments.

None of this is possible without you, our friends and donors, who believe in our mission, see our efforts, and often hear about our work through word of mouth. We continue our mission to provide professional mental-health counseling and holistic therapies that are compassion-based and affordable to ALL persons in need, handed to us by the Good Shepherd Sisters who opened our doors in 1992 in the same offices we utilize today. With your ongoing support, our mission will continue to thrive as we begin the next chapter in our organization’s legacy of compassionate care.

I hope you enjoy perusing this Annual Report, which tells our story and highlights the involvement of many people working together to make it all happen. Thank you for being a part of our Maria Droste family!

With gratitude,

A handwritten signature in cursive script that reads "Michael Shanahan".

Michael Shanahan, M.Div., LMFT  
Executive Director



# WHO WE ARE

At Maria Droste Counseling Services, we believe everyone deserves access to affordable and compassionate care. Every day, we are improving the mental health of our clients, and by doing so, the overall health of our entire community. We provide exceptional mental health and holistic therapy services to individuals, children, adolescents, adults and families in need of a brighter future and quality of life.

## Mission Statement

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

## Core Values

At the heart of Maria Droste Counseling Services are four core values that provide the foundation of our mission:

### **Acceptance • Respect • Compassion • Healing**

*Acceptance* of oneself is the cornerstone of the ability to respect oneself so that one can *respect* others, which allows for *compassionate* action and promotes *healing*. We live these values first in ourselves so that we can hopefully be a healing presence for our clients by our demeanor, words, and actions. These are the values cultivated, practiced, and lived by our founders, the Sisters of the Good Shepherd, and we are privileged to follow in their footsteps and continue their example. Our core values work together, supporting our vision of *Bringing Hope to Life*.

## BOARD OF DIRECTORS

Donna Kelbe, *President*

Karen Donnellan, *Vice President*

Timothy Manning, *Treasurer*

Laura Anderson, *Secretary*

Elizabeth Graham, LMHC

Kevin M. McDonald, ESQ.

Christine M. MacDonald, CPA

Thomas Maloney

Marilan Manning

Angela Ponte

Michelle Stenberg

Richard Welch

## LEADERSHIP & CORE STAFF

Michael Shanahan, M.Div., LMFT – *Executive Director, Clinical Supervisor, Outpatient Therapist*

Stacey Campbell – *Director of Operations, Intake Specialist*

Elish McPartland, RGS, M.T., RCST® – *Holistic Therapist*

Meghan Earle, LMHC – *Clinical Intake Coordinator, Outpatient Therapist*

# Client Testimonial

*"The amount of confidence this organization has given me ... despite all of the barriers I have faced, has empowered me not only to lift myself up from what was a very challenging chapter in my life, but to send that ladder back down to help others. Access to mental health resources should not be a privilege reserved for the wealthy but a basic human right, and this is an organization that makes that possible in real time. The professionals at Maria Droste are nothing short of exceptional and while I am personally grateful for their support, I can't begin to imagine the ... amount of people walking around healing with confidence because of the difference their work makes on a daily basis."*

**-Anonymous Client**

***At Maria Droste Counseling Services, we are ...***



***Compassion-Based • Spiritually-Informed • Holistically-Minded***

# NEWS FROM THE MISSION OF THE GOOD SHEPHERD



Sisters of the Good Shepherd and lay mission partners from all provinces — Mid-North America, Central South, and New York-Toronto — gathered in St. Louis, MO during their regional meeting in October 2025. (Photo Courtesy of the congregation of Our Lady of Charity of the Good Shepherd; credits: Monique Tarabeh)

Maria Droste Counseling Services was represented by Executive Director Mike Shanahan at the regional meeting of the Sisters of the Good Shepherd in St. Louis, Missouri in October 2025. The theme of this meeting was centered around one recurring word: restructuring. As of October 2025, the three provinces of the Sisters of the Good Shepherd — Mid-North America, Central South, and New York-Toronto — have become one region.

What were once three separate entities, with unique histories and customs, have become a single body, united not just by governance but by one shared mission. This moment marks a new chapter in the collective story of the Sisters of the Good Shepherd. While on the surface, this change is administrative and organizational, it is not just about reorganizing structures and leadership models – it is the dawning of a new chapter for the mission to grow, evolve, and prosper for many years to come. St. Mary Euphrasia, our mission's founder, continues to guide us with her wisdom: "Have great charity. Never hurt another. Let all your words be for the edification of others."

As the Sisters and lay mission partners are discovering new ways of collaboration, co-responsibility and shared leadership, at Maria Droste Counseling Services, we are proud of our legacy and are humbled by the challenge and responsibility of continuing the mission of compassion that our founder bestowed upon us. Now, as the Sisters and mission partners begin a new chapter in our history, we are prepared to be at the forefront by continuing to provide essential compassionate care to our community in Greater Boston.

# FISCAL YEAR 2025 IN REVIEW

## Healing by the Numbers

- Provided nearly 7,000 therapy sessions to individuals, couples, children and families
- Offered over 85% of our services at reduced rates
- Saved our clients over \$350,000

## Compassion in the Community

We were on the move in Fiscal Year 2025 – participating in the Falmouth Road Race, speaking at the Woodward School for Girls and having representation in Washington, DC with the Good Shepherd's National Advocacy Team.



We also hosted a pair of fun and meaningful events: *Music for Mental Health* at Alba on 53 (Hanover, MA) on November 8, 2024; and *Compassion in Every Step* at Granite Links (Quincy, MA) on May 14, 2025. **In total, our events raised over \$165,000 while spreading the word of our important mission within the community!**





Kathleen (Kat) Bondi represented Maria Droste Counseling Services at the Woodward School's 2025 *She's Local Conference for Girls*. Kat also represented Maria Droste in Washington, DC with the Sisters of the Good Shepherd at the NAC/ATEHT Advocacy Day.



# NEW FACES AT MARIA DROSTE

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## Board of Directors

Please join us in welcoming the newest member of our Board of Directors, **Elizabeth Graham, LMHC**. Elizabeth joins our Board after having worked for Maria Droste as a Mental Health Counselor since August 2021. Graham, who holds a Bachelor of Science from the University of Rhode Island and a Master's in Mental Health Counseling from Bridgewater State University, spent over 20 years working in fundraising and event planning before beginning a second career in mental health counseling. We are excited to have her vast knowledge and experience as a key asset to our organization in her new role as a member of our Board of Directors.



## CLINICAL STAFF

We are thrilled to “welcome back” **Marie F. Downey, LICSW**, who has returned to our clinical staff as an outpatient therapist. Marie has been a licensed social worker and mental health counselor for over 30 years, in addition to being a founding Vice President of Modern Assistance Programs Inc., an employee assistance program that specializes in mental health and substance use disorder. Marie holds a Master's Degree in Social Work (MSW) from Boston College and is a Licensed Independent Clinical Social Worker (LICSW).

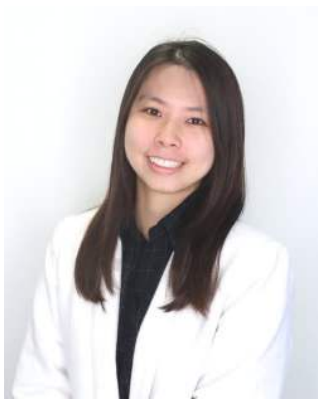




**Britta Nielsen, MA MHC** holds a master’s degree in Mental Health Counseling from Bridgewater State University and recently joined our clinical staff as an outpatient therapist. Fluent in English and German, Britta enjoys working with clients from diverse backgrounds, treating depression, anxiety, trauma, grief, and other adverse life experiences. She is trained in the use of EMDR, a tool that helps heal trauma, and is on her way to becoming EMDR-certified.



**Brianna Price, MA MHC** completed her Boston College internship at MDCS and was recently hired as an outpatient therapist. Brianna draws from evidence-based practices such as Cognitive Behavioral Therapy (CBT), Dialectical Behavioral Therapy (DBT), Trauma-Informed Care, Family Systems Therapy, and Mindfulness to treat her clients. In addition to caring for adults, Brianna also treats our youth population ages 7 and up.



**Kris Liu, 劉思廷 MA MHC** recently joined our team as an outpatient therapist. Kris was born and raised in Taiwan and is fluent in English, Mandarin, and Taiwanese. As a certified AWARE practitioner (Asian Women’s Action for Resilience and Empowerment), Kris integrates practices that empower individuals navigating identity, acculturative stress, and cultural transitions. In addition to caring for adults, Kris also treats our youth population ages 4 and up.



**Christina McDonald, MA MHC** completed her Bridgewater State University internship at MDCS and was recently hired as an outpatient therapist. As a therapist, Christina uses a person-centered approach which focuses on understanding the world through her clients’ personal experiences and emphasizing their strengths.

# OUR INTERNSHIP PROGRAM

Since 1995, Maria Droste Counseling Services has trained graduate-level students who are seeking an internship in an outpatient mental health clinical setting. We provide a rich learning experience where our interns are part of our team and considered staff so that they work in an environment of safety and trust, which supports them as individuals who can grow their unique clinical skills. Interns have the opportunity to work with clients who present with a wide range of diagnoses, life stressors, and relationship issues.

The goal of our internship program is to produce competent therapists who, by internship's end, could be hired by us or any agency, working full time with a full caseload, and do so with professional-level competency and the ability to handle the paperwork requirements. Many interns maintain some level of involvement with MDCS after they end their internship with us. They stay on or contribute in other ways because they were able to embrace our mission, they were treated with respect, they felt safe, and they see that they have become competent therapists.

## ***Our current interns for the 2025-2026 school year:***



**Eilis Quinn** – Antioch University

*"I believe that therapy should encompass compassion and care for the whole person. I study dance/movement therapy as well as couples and family therapy, to understand how the body and mind are connected. Humans communicate both with our words and body language and by bringing awareness to what is going on in our minds and bodies we can communicate better with ourselves and others. My approach is client centered and strengths-based."*



**Kiana Angalia** – Boston College

*"My approach draws from Internal Family Systems therapy, Acceptance and Commitment Therapy, mindfulness-based practices, person-centered, and strengths-based approaches. I believe therapy should be collaborative and shaped to fit the unique needs of each person. Having grown up across different cultures, I carry a deep appreciation for the diversity of human experience and the many ways we find meaning and belonging."*

# HONOR ROLL OF DONORS

The exceptional and compassionate care that our talented therapists provide depends on donor support for our important mission. **We sincerely thank ALL our generous donors who contributed to Maria Droste Counseling Services during Fiscal Year 2025\*.**

\*Our team has made every effort to ensure the completeness and accuracy of our Honor Roll of Donors. If you believe we have made any errors or omissions, please contact us at: [info@mariadrostecounseling.com](mailto:info@mariadrostecounseling.com)

## Corporations, Foundations, Organizations & Trusts

AAA Northeast	Milton Women's Club
Ameriprise Financial	Norfolk County Sherrif's Office
Bank of Canton	PayPal Giving Fund
Brain Aneurysm Foundation Inc.	Pipefitters Local 537
Bridgewater State University	Quincy Lions Charities Inc.
Catholic Health Foundation	Quincy Lodge of Elks
Cistercian Nuns of the Strict Observance	Quincy Mutual Group
Classic Holmes Real Estate	Quincy Youth Arena
Cummings Foundation	Real Life Yoga
David and Marcy LeLacheur Fund	Rockland Trust
Dedham Savings Bank	Rotary Club of Quincy
Dennis & Associates	Sisters of the Good Shepherd Brooklyn
Eastern Bank Charitable Foundation	Sisters of the Good Shepherd New York
Fiber-Fit Insulation	Sisters of the Good Shepherd Wickatunk
Granite Payroll Associates	Star Market
Greater Boston Council on Alcoholism	The Boas Collective Fund
Harold Brooks Foundation	The Boston Foundation
Holmes & Edwards	The Flatley Foundation
Integra Wellness Health PC	The Graham Family Fund
John W. Alden Trust	The Sullivan Family Foundation
Lightsource Therapy	Town Fair Tire Corp.
Manning Personnel Group Inc.	Welch Senior Living
Martin Realty	

# INDIVIDUAL GIVING

Anna Aeschlimann  
Anthony Agnitti  
Roberta Allison  
Laura Anderson  
Anonymous  
James Aronson  
Kelly Banks  
Nancy Barron  
Angela Bergin  
Wendy Blanchette  
Joseph Bondi  
Henry J. Brett  
Lori Brightman  
Kevin Buckley  
Katherine Byrne  
Kelly Cahill  
Stacey Campbell  
K. Cappello  
Thomas Carey  
Lorraine Carlson  
Mary Carroll  
Isaiah Chase  
Annette Coleman  
Andrea Cook  
Susan Corcoran  
Maureen Crouchley  
Mary Ann Crowley  
Nancy Cruz  
Charlotte Cuneo  
Elizabeth Cunniff  
Samantha Curley  
Annemarie Curran  
Donna Dennehey  
Beatrice DiMattia  
Cynthia Donnellan  
Karen Donnellan  
Maureen Donnellan  
David Dorman  
Marie Downey  
Thomas Dumais  
Kelly Duong  
Joanna Dutra  
Sharon Elkins  
Patricia Fair  
Anne Fallon  
Carol Ann Fallon  
Janet Feehily  
Jess Flanigan

Patty Foley  
Diane Freeman  
Susie Frost  
Lisa Gaughan  
Geraldine Geary  
Patricia Gillis  
Marjorie Goode  
Elizabeth Graham  
Kathy Gramm  
Sean Greene  
Normand Grenier  
Ellen Hafer  
Susan Hajjar  
Dee & James Hankey  
Jennie Hanna  
Julie Healy  
John & Therese Heney  
Beverly Hennessy  
Ruth Hobeika  
Molly Hoopes  
Joseph P. Hurley  
Kevin J. Hurley  
Mary E. Hurley  
Sandra Ishmael  
Mary Anne Kaher  
Robin Kaplan  
Harold Kassab  
John F. Keenan & Jeanne Marie Hopkins  
Donna Kelble  
Tracy Kelcourse  
Nancy Kelly  
Jean Kennedy  
Debbie & Abram Klein  
Mayor Thomas P. Koch  
Elaine Kreuz  
Kimberly Kroeger  
Margaret LaForest  
Nancy Lamontagne  
Mary Lanata  
David & Barbara Leahy  
David Leahy Jr.  
Marcy & David LeLacheur  
James Levesque  
Nicholas Lindquist  
Kim Linnell  
Sophie Linnell  
Liqun Lu  
Christine MacDonald

# INDIVIDUAL GIVING (CONT'D)

Robert MacPherson  
Emily Maitin  
Thomas Maloney  
Timothy Manning  
Jean Marchant & Ronald Hindelang  
Frank A. Marinelli  
Megan Marini  
Robert Martell  
Phil & Marycarol McBain  
Patricia McCarthy  
Mark McCormack  
Daniel McDevitt  
Kevin McDonald  
Lori McDonald  
Michael McDonald  
Coleman McDonough  
Juliana McGovern  
Karen McHugh  
Stephanie McHugh  
Mr. & Mrs. John McMahan and Family  
Elizabeth McPartland  
Corinne Mitchell  
Karin Monfredo  
John Montillio  
Lisa Mooney  
Cynthia Moore  
Mary A. Moran  
Kevin Mulvey  
Margaret Nelson  
Barbara Niles  
Christine O'Brien  
Julia O'Brien  
Christine O'Shea  
John Pasciucco  
Michelle Patel  
Jacque Patey  
Colleen Petitti  
Angela Ponte  
Cheryl Portman  
Thalia Price  
William Price  
Anna Lucia Proud  
Janessa Richard  
Donna Riley  
Paul Rogan  
Christian Roulleau  
Macushla Roulleau  
Michelle Rozendaal

William P. Ryan  
Jocelyn Sedney  
Valerie Semensi  
Dennis Shanahan  
Jack Shanahan  
Michael Shanahan  
Tom Shanahan  
Rosemary Sheehan  
Doug & Lisa Shen  
Michelle Silvia  
Mary Ellen Sinkiewicz  
Mike Siperas  
Kristin A. Son  
Christine Song  
Claudia Sorgi  
Lea Sorgi  
Jean Stanford  
John Stanton  
Michelle Stenberg  
Linda Stice  
Tal Levy  
Lisa Theriault  
Mary Lee Trettenero  
Theresa Trull  
Cindy Tulloch  
Michael Vercollone  
Josephine Vidal  
Robert Vozzella  
John Walsh  
Janet Walsmith  
Alexandra Walter  
James Walter  
Richard Welch  
Jennifer Weldon  
Alex Wengryn  
Mary & Stephen Wessling  
Stephen P. Wessling  
John Westlund  
Kathleen Whalen-Giannandrea  
Mary White  
Ron & Gail White  
Deborah Whitman  
Anne Wolf  
Catherine Wood  
Taylor Wright

# HOW YOU CAN HELP

## Inspired by our work?

Maria Droste Counseling Services is a 501(c)(3) non-profit organization **EIN 83-1596391**. We rely heavily on donations to support our mission of providing affordable mental health care. Please help us help others by making a tax-deductible donation.

You can make an online gift by scanning the QR Code below:



You can also make a donation by using your cell phone and texting the word: **HAPPY to 53555**.

Or you can send a gift by check or money order to:

**Maria Droste Counseling Services**  
1354 Hancock Street  
Quincy, MA 02169

For more information, please contact us at:

**617.471.5686**  
**INFO@MARIADROSTECOUNSELING.COM**  
**MARIADROSTECOUNSELING.COM**