



## **Welcome Damaris Colon-Soto- New Parish Counselor**

St Mary's has had the opportunity to provide counseling services through Casa Claret in Hyde Park. For more than 20 years Casa Claret has collaborated with St. Mary's offering free counseling services one day a week at the local parish level. This year we are pleased to welcome Damaris Colon-Soto a bilingual parish counselor. In these very stressful months, you just might need someone to talk with outside your normal circles. Please give Damaris a call and set up an initial appointment to meet in person or meet over the phone on one of the many face time media platforms.

**Damaris Colòn-Soto**, a Puerto Rican member of the American Counseling Association (ACA), is pursuing her Clinical Mental Health Counseling Master's degree at The Chicago School of Professional Psychology. She obtained her B.A in Psychology at the Interamerican University of Puerto Rico.

She is a compassionate and bilingual professional continuing to develop her skills in counseling scenarios such as; Trauma, Couples and Family Therapy, Individual Therapy, Human sexuality, Grief and LGBTQ+ advocacy.

As a Hispanic herself, some of her special interest includes providing services to this community and other minorities as well. She is open to all traditions and faith. Her approach to therapy includes the Biopsychosocial Model, Mindfulness and Cognitive Behavior Therapy (CBT).

Contact Info.

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Damaris Colòn-Soto

St. Mary Parish Counselor Intern

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