

Shannon Leveille MA, LPC, NCC, has worked in outpatient community mental health and has extensive experience working with children and families through all life stages. She has specialized training in postpartum adjustment issues and parent education. She is a certified teacher for "The Happiest Baby on the Block" (tm) techniques for calming and helping baby to sleep.

Marina Pessler MA, LLPC, has worked with victims of domestic violence and post-traumatic stress. She has extensive experience supporting families through the transition and adjustment to parenthood and specializes in the assessment and treatment of mood disorders during pregnancy and after baby. Marina is a culturally competent counselor able to support clients in Spanish, German and French.

Betsy Clancy MA, LPC, NCC began her career post "empty nest" and has focused on helping parents through the adjustments to parenthood. She is specially trained in assessment and treatment of postpartum adjustment disorders and has extensive experience in psycho-educational support groups for first time parents including single mothers and couples.



Seeking help is the first step.
Please know you are not alone.
We are committed to helping
individuals, parents and families
adjust to life's transitions in the
healthiest way possible.

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*Located at the
Park on the Green Office Complex*

We provide support to women in all stages of their lives. Areas of specialization that you will find at Lifestart are:

Pregnancy, infertility, miscarriage and infant loss

Adoption

Parenting support, and education

New baby adjustments

Postpartum mood disorders

Grief, anxiety, depression

Mid-Life Adjustments

Relationship issues



Even with the best planning and preparation, welcoming a new baby brings many unanticipated changes and adjustments.

Lifestart Counselors can help you to understand, cope and adapt to this transition. We know all the feelings that surround it such as confusion, guilt, sadness and loneliness, even anger and resentment.

As you adapt to life with baby, toddler, teenager, or empty nest, we can provide support, education and resources necessary for your family's healthy growth and development.