

FREDELYN CALLA



Specialties:

- Health and aging issues
- Sexual violence
- Anxiety and mood disorders

About: Fredelyn Calla is an LCPC, a licensed clinical professional counselor and an ATR-BC, a board-certified art therapist. Fred specializes in health and aging issues, such as living with cancer; caregiver support and burnout; matters surrounding those who identify as female; cultural identity and social justice issues; domestic and sexual violence; grief/loss, anxiety and mood disorders, relationship concerns and life transitions. Fred is also interested in helping those heal from trauma and knows that such issues, along with the concerns mentioned above may be made overwhelming by substance abuse and addiction.

Education: Fredelyn holds a masters in counseling psychology: art therapy degree from Adler University in Chicago.

Hours available for new clients: Contact Porchlight for more information.