



### LATESHA NEWSOM, MSW, LCSW

Latesha Newson, MSW, LCSW is a licensed clinical social worker who is passionate about helping others gain stability through wholeness. She is skilled in trauma informed cognitive behavioral therapy, family therapy, grief therapy, and play therapy with children. She has been a practicing therapist for the past seven years. Latesha is experienced with helping individual clients and their families identify and successfully overcome their challenges and restore harmony in the family system.

“Wholeness is a journey towards your personal transformation”- Latesha Newson, MSW, LCSW

### TAMARA NORSWORTHY, MSN, RN, FNP-BC

Tamara Norsworthy MSN, RN, FNP-BC, is a board-certified Family Nurse Practitioner (FNP) with over 28 years of nursing and 16 years as an FNP. She holds a master’s degree in both Nursing (MSN) and Business Administration (MBA). She has a vast array of clinical experience across the lifespan including work in family practice, pediatrics, geriatrics, obstetrics/gynecology and women’s health which is her passion. The majority of her career has been spent working with the underserved population in Chicago. Currently, she oversees nursing students who are completing their clinical rotations at local hospitals and healthcare organizations. She’s also the owner of Stellar Health Experts in addition to her other clinical roles.

### CHRISTINA ADAMS, MSW

At times this journey called life can be lonely and come with a lot of twists and turns that can be very difficult to navigate. You don’t have to do it alone. Hi my name is Christina Adams, MSW and I am a mental health professional who is here to help you with your life stressors from a strength-based and empathic approach. I hold a Master of Social Work from Michigan State University and a Bachelor of Social Work from the University of Illinois at Springfield. I have provided mental health counseling, crisis intervention, case management, and psychoeducation services in healthcare, outpatient therapy, foster care, and in-home settings. I enjoy working with adolescents, adults, and families whether it is in individual or group sessions. I believe that therapy is a safe place where people can come to refocus, rediscover, and reinvent themselves. Are you experiencing different stressors such as trauma, grief and loss, mental and medical health issues? Maybe you’re experiencing problems at work, with family, or even within your relationship? Whatever it may be, come see me and take the first step toward a new and healthier you.—

## JESSICA HUDSON, MSW

Dedicated to supporting individuals who experienced trauma and struggling with mental illness which impacts their daily functioning.

Jessica's experience as a counseling professional working towards clinical Licensure with six + years experience with an emphasis on trauma and mental health including depression and PTSD.

Jessica's focus is teaching coping strategies and self-management skills to help individuals become adaptive when enduring increased symptoms to regulate emotions and feelings.

### Client focus:

- -Preteens 11-13
- -Adolescents/ Teenagers 14-19
- -Adults
- -Elders

### Concerns:

- -Trauma & PTSD
- -Behavioral Issues
- -Child or Adolescent
- -Coping Skills
- -Depression
- -Anxiety
- -Stress
- -Life transitions
- -Relationships
- -Self Esteem
- -Health issues