A Message from Emerita

Emerita Verdejo
Psychotherapist • Educator • Founder & CEO
Pathways to Healing & Social Justice, LLC

Welcome! I'm so glad you're here.

As an independent mental health consultant serving Several Sources Shelters through my private practice, Pathways to Healing & Social Justice, LLC, I have the privilege of providing counseling and emotional support to women during pregnancy and throughout life's transitions.

As a Christian, I believe every person is created in the image of God and has inherent dignity, worth, and purpose. My faith is the foundation of my work and my commitment to offering compassionate, grace-filled care. For those who desire it, I am happy to integrate Christian counseling through prayer, biblical principles, and faith-based encouragement while also utilizing evidence-based therapeutic approaches to support emotional healing and personal growth.

My clinical work focuses on trauma, anxiety, depression, grief, maternal mental health, life transitions, relationship challenges, and building resilience. My approach is warm, culturally responsive, trauma-informed, and strengths-based, creating a safe and supportive space where you can feel heard, supported, and empowered.

I understand that choosing life and preparing for motherhood can bring a wide range of emotions—from hope and excitement to fear, uncertainty, and overwhelm. Whatever your journey looks like, you do not have to walk it alone. Together, we will build on your strengths, foster healing, and help you move forward with confidence and hope.

It is an honor to walk alongside you during this important season of your life. My hope is that every session leaves you feeling encouraged, supported, and reminded that healing is possible, hope is real, and you are never alone.

Pathways to Healing & Social Justice, LLC
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