

We are happy to announce a new ministry connected to BMC!

Jose Gloria--a licensed counselor--is partnering with us to provide professional mental health & relationship therapy. Jose lives in Buhler with his wife Mindy and two children. He is trained as a Clinical Social Worker/Therapist, LMSW, and serves as Hesston College's campus counselor. If you are interested in his help please contact him directly (see contact info below). BMC has made a space available at the church for Jose's practice. Check out his Summer SS @ BMC presentations at: <https://youtube.com/playlist?list=PLj1mu6yMRc2FY24X37TjOcQdi4kbtXLCj&si=jXFmoavkOugV1Kg>

Jose Gloria, Counseling LLC Bilingual Counselor



Phone: (620) 869-1010

Email: jgloria3971@gmail.com

Location: Buhler Mennonite Church

220 W. Avenue B - Buhler, KS 67522

Virtual sessions available

Fees & Insurance: sliding scale

Insurance: BCBS, Optum

Approach to therapy

Kindness and Curiosity is the way to approach the issues that are holding us back. My goal is to help people understand the what and why that is leading to depression, anxiety, anger, addiction, etc. This can look different for each person. As we work together, we will determine the best method to help you and come up with a plan to identify the skills and actions to help you reach that goal.

The helping field has several modalities that are effective in helping people overcome things that are limiting our lives. I come from a strengths perspective and draw from a variety of options including the Enneagram, Internal Family Systems, Family Systems, a faith based perspective, Dialectical Behavior Therapy.

Areas: Anxiety, Stress, Life Coaching, addiction, anger management, coping skills, Men's issues, parenting, spirituality, faith-based