

Counselors & Counseling Services

Available Services

- Outpatient individual and family counseling with children, teens & adults
- Domestic violence groups for men & women
- Outpatient substance abuse treatment
- Drug & alcohol evaluations
- Sand tray and play therapy
- Post adoption counseling
- Pregnancy counseling
- Family support services

Lutheran Family Services *of Nebraska, Inc.*

207 East Sixth Street
Lexington, NE 68850
(308) 324-6400

www.lfsneb.org



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Sonia Howard

Sonia has a Bachelor of Arts degree in Psychology and Sociology with a minor in Spanish from Baylor University in Texas and a Master of

Science Degree in Agency Counseling from the University of Nebraska at Omaha. She has 17 years experience as a counselor, working in Domestic Violence, Child Welfare, and Community Mental Health.

Sonia, married with five children, is a Lexington, NE native and has lived in the Dawson County area the majority of her life.



Naomi M. McCurdy

Naomi completed her undergraduate and graduate education at the University of Nebraska at Kearney with a Master of Science in

Educational Psychology. Naomi has over 25 years experience working with children and families as an employment consultant, educator, child welfare worker, adoption specialist & therapist. Her areas of interest in therapy are with individuals, couples, families & post adoptions.

Naomi has lived in the Dawson County area with her husband and family for over thirty years.



Lorna Lawton

Lorna completed both her undergraduate and graduate studies at University of Nebraska at Kearney with a Bachelor of Science

in Psychology and a Master of Education in Counseling Psychology. She has ten years of experience providing family support, intensive family preservation, and counseling services to individuals, couples and families.

Lorna and her family live in Dawson county.



Sue Kloch

Sue has over 25 years experience as a registered nurse and five years as a social worker. She has Masters Degrees in Nursing and Social Work

from the Universities of Nebraska in Lincoln and Omaha. Her areas of counseling interest are children, adolescents, individuals, families & groups. She is Medicare & EMDR certified.

She is married and has three children. They have lived in Lexington for over 15 years.



Brenda M. Ruf

Brenda holds a Master of Science Degree in School and Agency Counseling from the University of Nebraska at Kearney. Brenda

has 10 years experience as a teacher and school counselor. She has been employed for five years as a substance abuse counselor and mental health practitioner with the Work Ethic Camp in McCook and at LFS. She enjoys working with children, adolescents, individuals, couples and families with drug and alcohol issues and mental health issues.

Brenda is married and has two children in college.



For more information or to request our caring, professional counseling services, please call (308) 324-6400 or visit our Lexington office at 207 East Sixth Street.