



Welcome to Open Arms!

We want you to know that we are glad you are here and that no matter what you are going through, there is hope. Please know that this is a safe place where you can bring whatever is on your mind. Don't hesitate to ask your therapist any questions you may have about the counseling process.

What can you expect from counseling?

- To be listened to and heard. We will do our best to understand where you are coming from.
- To be treated with respect and dignity; we believe that each person has immeasurable worth and value.
- To be challenged; we care about your growth as a person.
- To be supported; we know that change can be hard, and we will be right there with you in the process.

The American Counseling Association states: "Counseling is a collaborative effort between the counselor and client. Professional counselors help clients identify goals and potential solutions to problems which cause emotional turmoil; seek to improve communication and coping skills; strengthen self-esteem; and promote behavior change and optimal mental health."

Just showing up is an act of courage and strength and the first step towards getting where you want to be!