



Welcome to LIFE LIGHT Counseling Center!

I appreciate you taking a moment out to read this. I want to thank you for choosing us to provide for your counseling needs and goals. We appreciate and acknowledge the courage it takes to receive counseling, and are delighted, honored and privileged to be working with you through this journey.

We see our clients as...**COURAGEOUS**, **CAPABLE**, and **CENTERED**.

1. **Courageous** enough to seek assistance, and admit when we can't always take on difficult things alone.
2. **Capable** to take on the distance it often takes to work through problem areas that hold us back.
3. **Centered** when some of the guidance, goals, and techniques it may require to get where we want to be are applied.

Often our clients want to share with others about their progress and success. You will have the most success by completing the goals you came to achieve. We welcome you to share your progress with others. Please know that should you choose to refer another potential client to work with us, that both of your information is confidential and protected under HIPAA guidelines. LIFE LIGHT Individual & Family Counseling Center does not share information with others without your consent. We very much welcome and appreciate new clients into our practice, so we can also help them achieve the goals that matter to them most. We look forward to getting started with you at your first appointment. Should you have any questions prior to our appointment please feel free to give us a call.

Thank you,

Mary S. French, M.Ed., LPC
Licensed Professional Counselor

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