

We are here to help you discover what you are feeling...

Not to make your make your feelings go away.

We are here to help you identify options..

Not to decide for you what you should do.

We are here to discuss steps with you...

Not to take the steps for you.

We are here to help you discover you can help yourself...

Not to take the responsibility for you.

We are here to help you learn to choose...

Not to keep you from making difficult choices.

We are here to provide support for change.