

- FRESH STARTS -

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THE PROCESS

After scheduling your first session, you will receive, "Fresh Starts, First Steps," an intake form designed to help clarify your present needs. Upon completion, either email to janellrardon@gmail.com or bring it with you to our first session.

Intake Session

Initially, we will meet for 75 minutes to process and assess your specific needs, desires and requests, discern strategies and services, and evaluate whether our counseling relationship meets your expectations. If so, a plan of action will be created with further session scheduling.

"Wise men and women are always learning, always listening for fresh insights."

-Proverbs 18:15, MSG

WHAT YOU CAN EXPECT

My Full Attention

It takes a great deal of courage to take the first step towards getting help and takes a great deal of hard work to change. Knowing this, I am all in - 100% committed to walking alongside you on your healing journey.

Intentional & Specific Heart Work

Through a series of healing conversations, practical exercises, life mapping and heart work, we will create a life plan that will enable you to live your best life.

A Safe Place to Heal

Our busy schedules don't often allow the necessary time to process our lives. I've created a quiet, inviting space to do just that!

ABOUT

Please visit www.janellrardon.com to learn more about my practice.

- Thank you! -