

## *Welcome to Anchor & Balance Restorative Services, LLC*

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

I see my clients as having their own story, which is unique and created and shaped through their own personal experiences. Therapy is collaborative process between yourself and your clinician (me). It is a process and one in which mutual trust needs to be established in order to build a positive therapeutic relationship. I will work together to identify goals that you wish to achieve. I believe an integrated model approach to therapy is best to allow you to express yourself in order to achieve your goals.

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 a potential client to work with us that both of your information is confidential and protected under HIPAA guidelines. Sarah B. Michalowski, DSW, LCSW of Anchor & Balance Restorative Services, LLC does not share information with others without your consent. I very much welcome and appreciate new clients into our practice, so we can also help them achieve the goals that matter to them most. I 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 me a call.

Thank you,

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