



## *Begin Your Journey*

Are you feeling stuck and like you are just caught in survival mode? Are you ready for something to be different but do not know where to start? We can help guide you on your journey!

People often struggle to get started with counseling. We worry that something might be “wrong” with us for needing help or for being stuck. We are afraid of how people might judge us or if they will view us differently. Sometimes the idea of change is scary, even if we also don’t like feeling stuck.

At Renew, we understand. We have all walked through our own journey of counseling and we know how scary it can be. We are here to walk *with* you so that you do not have to do any of this alone. We will never judge you. We will listen and help provide a safe space for you to learn how to thrive and not just survive.

Reach out and talk to our team today! We are here for you! And in the meantime, feel free to check out our blog and other resources on the website to get you started!

## *Welcome to Renew*