



## **Kara Delmonico is now available! (and extra affordable)**

Kara has been our intern for the past year and we love the work she does for clients. We love her so much, we've asked her to come on staff. She has one more month as an intern at \$60/session. If you get on her schedule before she earns her LPCC around September 1, you'll get her discounted rate for 6 months (\$95/session instead of \$130). If you know someone who could use some therapy, pass this along!

## **Is Better?**

I've seen online ads for teletherapy take over this past year and I've started to wonder: Who are these therapists? How do we know they are trustworthy? It certainly is easy to use... but I can tell you that each Envision therapist is known personally. They have demonstrated stable relationships and mental health. Envision therapists submit to regular reviews of their work and problems are addressed as they arise. Envision therapists are held to high standards; they are supported and they are held accountable. Something to consider as you reach for help.



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