

What will happen in my first session?

The purpose of the first session is to evaluate your situation and make recommendations about the best course of action to help you reach your goals. If you are seeking help for a child, we will typically meet with you during the first session and have you bring your child to the next meeting. If you are seeking help for an adolescent, often times we will talk with you and your child during the first session. This may be done together or separately.