



# Welcome to The Rhythm of Peace!

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Restore Life & Balance Today! Find your Rhythm of Peace!

We are pleased that you have chosen Rhythm of Peace Therapeutic Services for assistance at this time on your life! We hope that you will find this to be a positive and useful experience.

## **Who We Are**

We are a community and home based therapeutic program that offers effective individual, family, relationship and psychological care to children, adolescents and adults. We treat a number of mental health disorders, and provide a neutral ground to individuals, families, and couples. We work from a individualized and strength based perspective, providing care to meet each clients specific needs.

## **Appointments**

Sessions range 45–60 minutes. Consistency in keeping appointments is integral to the therapeutic process. If you are unable to keep an appointment, please give your therapist 24 hour notice.

## **Our Treatment Focus**

Our focus is to help individuals heal, energize, and become aware of their inner strengths. We achieve this by providing a neutral safe space, listening to your concerns, and customizing a treatment plan.

## **Our Patient Promise**

We promise to be there for you every step of your journey. Our goal is to help you grow from your struggles, heal from your pain, and move forward to where you want to be in your life.

## **Modes of Service:**

***On Site:*** We welcome clients to our office, where we provide therapy and psychological evaluations.

***Offsite:*** Our clinicians come to homes, schools and the community to bring therapy to our clients! Our goal is to meet you where you are.

**Tele therapy:** Teletherapy, also known as online therapy, is therapy delivered through a virtual platform via a computer, tablet or phone. If you've ever used FaceTime or Skype, it's essentially the same thing—except more secure and with a qualified therapist or counselor at the other end instead of a distant friend or relative.

(DUE TO COVID-19, ALL SESSIONS ARE CURRENTLY BEING HELD VIRTUALLY)

### **Additional Programs**

*Psychiatric Rehabilitation Program ( PRP ) :* Referrals are made for PRP services as needed.

*Guided: Meditation:* We offer one to one and group based guided meditation for clients. This is an out of pocket program, and is available by request.

*Trauma Sensitive Yoga Programs:* Coming during the summer of 2020.

### **Parking at office**

Street parking is available, as well as there is a garage at the building.

### **Young Children**

Please do not bring young children to adult sessions, due to the nature of sensitive content discussed. There is a waiting area, but it is not appropriate for children to be left unsupervised.