



BE THE CHANGE

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Whether you are seeking individual therapy for yourself or your child / adolescent, you've made an important and often difficult first step. I believe counseling plays an integral role in our mental health. We need to take care of ourselves emotionally. Working through our emotions strengthens and promotes mental health, just as exercising and nutrition contribute to physical health (They are actually very connected!). Life throws us challenges and having additional support, learning new perspectives or information, and having someone listen unconditionally often makes a huge difference in growth and healing. Whether you need a listening ear, a calm voice or therapeutic advice, it is my privilege to help you work towards your emotional and personal goals. Some common issues that bring people to see me include:

Relationship Issues

Self-Esteem

Stress / Anxiety / Panic Attacks

Depression / Sadness

School Issues

ADD/ ADHD

Family Issues

Divorce

Obsessive- Compulsive Disorder

Anger Management

Suicidal Ideation

Grief and Loss