



## ARIELLE SMITH



**About:** You deserve to live your best life. Do you find yourself being good to others, and maybe not so good to yourself? Are you exhausted and emotionally drained from pressures of life? Has your confidence taken a hit and you don't know how to recover? With busy lives, pressures of juggling work, relationships and social life, we all strive to keep it together, but you don't have to do it alone! You are the expert of your life; however, I am here and willing to help you take those next steps to get back to that person you miss. I provide individual therapy to those who feel that they have lost themselves, are overwhelmed with past trauma, as well as those who often feel anxious and shy away from their potential. Together, we will go on a journey to explore self-worth and purpose. We will create goals, coping skills and necessary boundaries.

**Hours available for new clients:** Contact Porchlight for more information.