

When Counseling Helps

Sometimes the pace of life does not allow time to reflect, to recognize and process changes in yourself, the ones you love and your circumstances. Conflicts and stressors are not resolved. Relationship issues develop. Your work no longer matches your life's priorities. Forgotten pains and family history surface and affect your behavior in ways you don't like. You experience grief and loss. Identities evolve. Ways of dealing with issues that once worked don't seem to work anymore, and there is nobody to turn to for honest and confidential conversations. These are just some of the times that people have found counseling helps.

Our Goal

The goal of counseling is to provide a safe, accepting, nonjudgmental place where you can explore these issues in confidence. Your counselor will listen to you and respect your individuality and right to make your own decisions. You will become a team, and explore your strengths, values, fears and difficulties to address the issues that you identify as priorities. Our collaborative goal will be to develop in you a sense of confidence and emotional wellbeing.

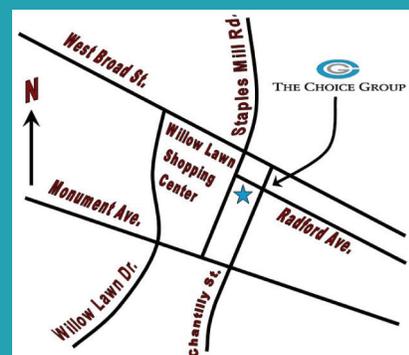
Mission Statement

The mission of The Choice Group is a commitment to excellence in meeting our clients' needs, while foremost respecting their individuality and right to make life choices.

The Choice Group's Licensed Professional Counselors have experience with:

- Adjustment Difficulties
- Anger Management
- Anxiety
- Career Decisions
- Depression
- Disability Issues
- LGBTQ Issues
- Grief and Loss Issues
- Life Transitions
- Marital/Couples Therapy
- Relationship Problems
- Trauma Response

The Choice Group is conveniently located in Richmond, one block east of Willow Lawn Shopping Center and one block south of Broad Street, where there is a bus stop. Office hours are by appointment with one of the Counselors and we accept many insurance policies.



The Choice Group serves clients across most of Virginia. Our Vocational Counselors either live in the area or are a reasonable commute from it. We partner with referral sources in your community to assist individuals who have demonstrated the potential to succeed. We welcome the opportunity to make finding a job less work.