

Lifescapes Counseling Associates, PLLC

800 W. Williams Street, Suite 251
Apex, NC 27502

Mission Statement

We strive always to provide quality therapeutic services in an accepting and compassionate atmosphere, guided by the simple goal of **"helping you find your own way"**. These words remind us that it is not our place to judge or advise, but to clarify, encourage, and support. We are committed to making the logistics of support simple and straightforward.

Our work is bolstered by the following beliefs:

.... that collaboratively supporting each other as counselors is the best way to ensure the quality of our services

.... that learning and growth are never-ending processes for all of us

.... that true therapeutic growth can only occur in an environment of trust, safety, mutual respect, and unconditional positive regard

.... that serving as your counselor is a privilege and an honor

.... that we must demonstrate and model the fundamental values of integrity, accountability, perseverance, and gratitude

.... that asking for help should be the most difficult part of obtaining support