Message from Maria

Dear friends,

About a year ago, I started therapy. For the first time, when I was feeling overwhelmed, I was able to admit to myself that I needed help. This was not easy for me to say, but I realized that therapy could provide the support and guidance I needed to work through my feelings and make positive changes in my life.

Through therapy, I discovered that I was not alone in my struggles. I learned that seeking help is a sign of strength, not weakness. I also learned that I am capable of overcoming my challenges and living a fulfilling life.

I want to encourage others to seek help when they need it. It is important to remember that there is no shame in asking for support. By reaching out for help, you are taking a brave step towards a better future.

All my best,
Maria

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