



Irene S. Klotz, LMSW, CPT - Counseling Services  
Licensed Social Worker | Medical Counselor

## Keeping Life Balanced

... Is a New York State licensed program of **medical counseling, innovative therapy, and health science advocacy** for *children, teens, students, adults, seniors, and family members* established to bridge the crucial gap between you and your medical provider. It can be part of or separate from your medical appointments.

***KeepingLifeBalanced*** is my commitment to providing excellent service tailored to your needs. In my experience, counseling services work best when we work together to focus on specific goals. Your involvement in setting these goals fuels your incentive for the change you seek. It is above all, our therapeutic alliance and ongoing relationship that motivates your progress.

**You'll have a safe place** in my Riverdale office, at home, via Face Time or Skype to question your health care, challenge your emotions, discuss your life encounters, and stretch yourself sufficiently to achieve lasting change. You'll have a **Plan of Balance** to define and accomplish specific goals with a new vision for effective relief of problematic logjams or a single impasse that has you stumped. You'll renew your self-esteem, nurture your dreams, discover lost aspirations and **see yourself in a new way!**

### Together, we can:

- **Inspire** renewed energy to dispel tired anxieties that resonate within
- **Clarify** health related medical research in language you can understand
- **Enable** navigation of complex medical systems and health care community
- **Facilitate** interaction during time-limited, fast-paced medical appointments
- **Foster** family discussion of sensitive health issues with empathy and tact
- **Provide** innovative health care concepts and 'outside the box' solutions

***Don't let health issues or life challenges knock you off balance.*** Find out how you can change your life story for the better and regain your balance. Please **call me today** at **917-796-4456** or **718-708- 4188** or **contact me by Email:** [Irene@keepinglifebalanced.org](mailto:Irene@keepinglifebalanced.org).