

Office Location: 50 S Steele Street, Suite #930 Denver, CO 80209 (Nine story high rise building on South Steele between E Ellsworth and E Bayaud). It is directly across from the Cherry Creek Macy's parking lot.

Parking: There is a free off-street visitor parking lot for your use, or you may park on the street. Be aware of time restrictions and seasonal street sweeping that impact parking and ticketing on the street. To park in the lot from South Steele Street, turn East onto either East Ellsworth Ave or East Bayaud Ave. Turn in to the alley behind the 50 South Steele Building. You will see signs marked 50 S. Steele. Turn left to the visitor parking lot on the South side of the building closest to the Gates tennis courts. You will enter through the East side of the building facing the alley.

Office: Take the elevator to the 9th floor (penthouse). When you exit the elevator, go to the right to enter the suite. You will see a waiting area with a check-in kiosk, search by my first name, and it will send me a notification that you are here.

Restrooms: There are men's and women's restrooms on either side of the elevator on each floor.

Prior to your first visit: Please be sure to complete your paperwork and bring with you. My fee is \$145/45-50 minute session. You are responsible for payment at the time of the session. I accept cash, checks, and credit cards including HSA & FSA cards. If you wish to pay via credit card, you must have a smart phone. I use a credit card processing system called Ivy which sends a text to you with a link to input your credit card information. The data is securely stored and there is no need for me to swipe your card each visit.

What to bring to your first visit: Bring your intake packet, any current medication information, and contact information for any current mental health or medical providers.

What to expect from the session: I will first discuss confidentiality and ask if you have any questions before we start. I then have you tell me your best hopes for counseling. I end the session 50 minutes from the scheduled start time of your appointment. If you decide to continue in counseling with me, we will schedule further sessions.

Please call me at 303-388-9749 if you have any questions or any scheduling issues arise. I ask for 24 hours cancellation notice, or I do charge a missed appointment fee. I look forward to meeting with you and seeing how I may be of help to you!