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## *Need help?*

Often, the first indicator that someone should seek counseling is the simple thought that maybe counseling could help.

If you, or someone you love, know, or care for, are feeling overwhelmed by something happening in life, reach out to Valley Hope Counseling Center.



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## *Who we are*

Valley Hope Counseling Center is a nonprofit agency offering professional counseling services to residents of Waynesboro, Staunton, and Augusta County. A partner agency of the United Way of Greater Augusta, Valley Hope provides affordable, quality mental health care to people of any gender, race, religion, or income level.



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## *Appointments and fees*

Counseling services are available Monday through Thursday, by appointment only. Evening hours are available.

We use a sliding fee scale, so clients of all income levels can receive affordable services.

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## *Your confidentiality*

All information about counseling sessions is kept in strict confidence and cannot be released without expressed written permission from the client. It is both our policy and the law.

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## *How we help*

Our highly skilled counselors work with clients to address a wide range of mental health and emotional stress issues:

**Anxiety or depression**

**Relationship issues**

**Domestic violence**

**Social and emotional issues**

**Sexual abuse and recovery**

**Substance abuse and other addictions**

**Career change and job stress**

**Coping with life transitions**

**LGBTQ+ issues**

**Anger management**

**Family and parenting issues**

**Grief and loss**

**Child and adolescent concerns**

...and much more.



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*With hope, tomorrow can be better.*

***Stressed?  
Anxious?  
Overwhelmed?***

***Difficult situations and stressful times often are a part of life.***

But sometimes our reaction to stresses and events can prevent us from living life fully, even make us unable to participate in normal family, school, or work activities.

***If this is happening to you or someone you know, love, or care for, let us help.***

Our highly skilled counselors work with clients of all ages and income levels. We address a wide range of mental health and emotional stress issues.

Valley Hope Counseling Center provides low-fee counseling services to residents of Waynesboro, Staunton, and Augusta County.

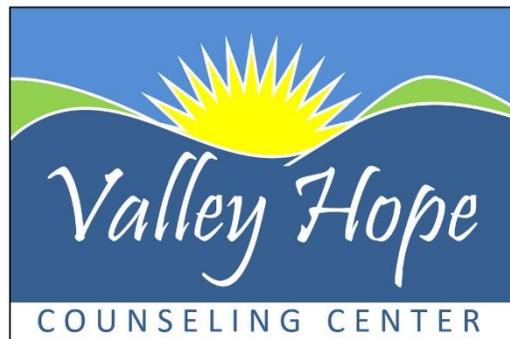
***Let us help.***



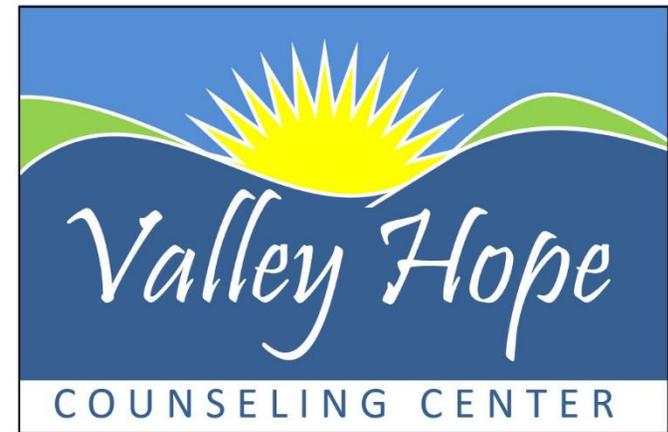
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*A United Way Agency*



*Hope in times  
of uncertainty*

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*Healing in times  
of hurt*

