



# START LIVING AGAIN!

## SO, WHAT'S REALLY GOING ON?

Let's be honest. Life is hard at times. You and your family are stressed with all that life throws at you. Communication is strained with your husband, wife, significant other, teens or children, with no hope in sight. Now, maybe add the dynamics of depression, anxiety, grief, loss, alcohol and drugs and you have a toxic recipe that left unattended, will only get worse. Sound familiar?

There's a lot of pain in your life. You don't know how to process it all and don't know what to do about it. Many times, you and others you know suffer in silence. Unless you get help, the problems will only get worse and sometimes can be lethal. You're stuck. Where do you go for real help?

**IS YOUR LIFE WORTH 1 HOUR EACH WEEK?**  
THAT'S ALL IT TAKES TO START FEELING BETTER.

### The Kairos Counseling Center Promise:

- **Begin to feel relief from your pain.**
- **In only 10 weeks, you can be on the path to recovery.**

The name Kairos, is inspired by the Greek word meaning, "the decisive moment for change" and in the New Testament, Kairos means, "the appointed time in the purpose of God."

Are you ready? Call today for a confidential consultation that will change your life. KAIROS COUNSELING CENTER offers affordable rates and financial plans to make you and your family's success a reality. Day and evening appointments are available for your convenience.

### Contact us in confidence:

Rochester Hills, MI 48307  
Phone: 1-888-245-3115

**Liz Grazioli-Talbot L.P.C., L.M.S.W., A.C.S.W.**

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OFFERING HOPE EVERYDAY.

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# IT'S TIME TO HEAL.

## WELCOME TO KAIROS COUNSELING CENTER.



**Kairos Counseling Center believes in helping people on their journey to discovering the truth about themselves - to be the very best that they can be.** Kairos Counseling Center is owned and operated by **Liz Grazioli-Talbot**, a Licensed Professional Counselor, L.P.C., and Licensed Clinical Social Worker, L.M.S.W., A.C.S.W.

Liz is a member of the American Academy of Certified Social Workers, National Association of Social Workers, Michigan Catholic Guidance Counselors, Michigan Association of

College Admissions Counseling, American Association of Christian Counselors and Oakland Counseling Association, where she also serves as a board member.

Liz Grazioli-Talbot has over 25 years of proven experience helping people overcome life's obstacles, discovering the truth about themselves, getting their lives back on track and experiencing the joy of living again with great success.

## WHY KAIROS COUNSELING CENTER?

We offer personalized, customized care for adults, couples, teens, children and families. We don't subscribe to the one size fits all strategy that some other counseling offices offer. Our personalized treatment plans are worked on together with our clients, so they are unique to you, and your personal needs.

Kairos Counseling Center is current in all of our research techniques, plus we have a great psychological foundation, which is spiritual in nature. What does that mean to you? **In a world full of opinions, we always reinforce the truth.**

## DISCOVER THE TRUTH AND START LIVING AGAIN!

Kairos Counseling Center offers a unique approach that's been successfully developed over the years that works. **We create a healthy, safe environment, with a personalized atmosphere, where you can move through a process by taking the time to reflect, know yourself, while moving forward to get beyond your pain.** We guide you every step of the way to discover your life's gifts that you already have with the goal of helping yourself, helping others and giving back to society. **That's the Kairos difference.**

## KAIROS COUNSELING CENTER'S EXCEL PROGRAMS

Are you or a family member depressed, anxious, stuck in life, need help with spousal or parenting skills? We can help. We offer programs for children, teens, adults, couples and families with successful results.

**CHILDREN:** Programs for behavior problems at home and school, difficult attitudes, coping with their parent's divorce or separation issues. We work with children and their families to create a harmonious living environment.

**TEENS:** They're changing physically and emotionally. They need a professional counselor who will listen to them, and guide them in a safe environment where they don't feel judged. We strive to build healthier communication between teens and their parents.

**ADULTS:** Adults have many years of built up, unresolved issues that cloud their lives. Counseling gets adults back on track when problems become evident. Our goal is individual wellness for you as well as your family.

**COUPLES:** Unresolved issues affects couples and that causes relational problems. We counsel couples to open communication barriers and to resolve differences, whether it's pre-marital, or marital. Our goal is preserving your relationship as well as divorce prevention.

**FAMILIES:** Many complex issues over time affect families on an individual basis and that impacts your entire family. Our goal is family wellness preserving your family while keeping it together to grow in harmony.

**Kairos Counseling Center also specializes in personal, customized programs for these important areas:**

- Anxiety / Fears
- ADHD/ADD
- Adjustment Reactions
- Autism Spectrum Disorder
- Asperger's Disorder
- Depression
- Parenting Skills
- Grief/ Loss
- Adults (55+)
- Substance Use Disorder
- Adult Children of Alcoholics



## WHAT ARE KAIROS COUNSELING CENTER'S BENEFITS?

People learn to overcome life's obstacles, discover the truth about themselves, get their lives back on track and experience the joy of living again. **Benefits include:**

- Experience joy again!
- Learn how to feel again!
- Improve your relationships (home, work, school, family, personal)
- Improved communication skills
- Improved feelings of self-worth
- Conflict resolution
- Improved parent/ child relationships

**We help people to find the real truth about who they are with the goal of helping them move forward. There are many opinions out there, but Kairos Counseling Center is about real truth. Don't suffer in silence any longer. You and your family deserve the best treatment available. Do it for them. Do it for yourself. Your family is worth it. Start to enjoy your life all over again!**

*Liz taught me to enjoy my life again. she was right! - an adult*

*I don't feel shame anymore. - a teen*

*My teenager knows that I love her, thank you! - a mom*

*I did the best that I could and know what my decision is now. - an adult*

*We're finally living as a totally committed married couple! Thanks Kairos!" - a married couple*

*Now, we understand our child's emotional needs better. That makes parenting much easier for all of us! - a mom and dad*