

WE ARE **HERE** WE ARE **ONE**



UNITED WAY
Greater Nashville

Denise approached therapy at **INSIGHT COUNSELING** because she felt like her tank was empty. She's naturally an encourager, the one that helps others get along. "But over the years, because of the way things didn't turn out in my life like I thought they would, there seemed to be this sort of weight. When I went to therapy, it was like my hope got refurbished and filled up."

Before therapy, life for Denise felt mundane. She needed peace. She knew she was repressing her feelings. Now there's a growth and a desire now to know that everything's okay. Everything that happened in the past is the past, and now there's a future.

"It would be like a painting that you could see the images on, but there wasn't any color. After therapy, there was color. There was movement."



DENISE

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