



Erin has successfully completed continuing education in the S.A.F.E. treatment approach addressing self-harm. She is experienced in providing short term and long term psychotherapy services to individuals, groups, couples, and families. She has been in the social work field since 2002.

Erin works with children, adolescents, and adults. She enjoys facilitating therapy groups addressing self-injury, general mental health issues, eating disorders, and abuse.

Hope Counseling Center, LLC
200 W. Summit Ave.
Suite 220
Wales, WI 53183

Email: erinhardylcsw@aol.com

Phone: 262-271-3255



MY CHOICE

End self-harm



***Facilitated by
Erin Hardy, LCSW
Hope Counseling Center***

***MY CHOICE is based on the S.A.F.E. Choice®
S.A.F.E. ALTERNATIVES® Program.***

MY CHOICE is a weekly outpatient psychotherapy group program lasting 12 weeks.

Appropriate candidates are adolescents and adults who self-injure and want to change the behavior.

Groups for both adolescents and adults are forming now with age specific groups.

All potential group members are required to take part in a pre-treatment assessment lasting approximately one hour. All group members must be working with an individual therapist prior to the beginning of MY CHOICE .

Group size is limited.



The program cost is \$50.00 per session. One separate group session is offered for adults supporting their loved ones in their efforts to abstain from self-harm. The cost for the initial assessment is \$100.00.

Payment in full is due at the time of the assessment unless other arrangements have been agreed upon. **There are no refunds issued for non-attendance. Attendance is counted on for planning purposes. **

***Contact Erin directly at
262-271-3255
or
erinhardylcsw@aol.com***

S.A.F.E. ALTERNATIVES® (Self Abuse Finally Ends) is a world-renowned treatment program that has helped thousands of people successfully end self-injurious behavior.