

Keri Stone, CSW

I'll be straight with you, sometimes life can really suck! It is what it is. The challenges that come with being human can really make life difficult. Though we are all individually different, one thing we all have in common is EVERYONE struggles and there's no getting around it. Some problems are inconvenient but manageable, while others can be overwhelming and almost unbearable. These difficulties can impact one's health, schooling, career, relationships, and overall quality of life. While we can't always control what happens to us, I'm here to tell you that suffering isn't mandatory. In fact, life can be pretty incredible despite all the negativity and things that can go wrong. As human beings, we have the ability to connect with others and I believe that's a pretty good indicator that we aren't meant to face our problems alone.

I am a firm believer in the healing power of therapy. I don't say that because it's a "therapist" thing to say; I say it because it's how I genuinely feel and I base it on my own personal, lived experience. I utilize what I have learned from those experiences, along with my education and professional experiences to assist my clients on their journey. Whether that be finding meaning, making changes, adjusting to new circumstances, or discovering healthy coping strategies, I'm there to empower and support my clients in addressing what isn't working in their life.

While I enjoy working with people of all ages and from all walks of life, most of my professional experience has been working with children ages 4 to 17. I believe in a non-judgemental, collaborative, person-centered and strengths-based approach to therapy. I embrace authenticity, tolerance, imperfection, and tranquility. I look forward to hearing from you.