

Izzo Marriage and Family Therapy, P.C.



CLIENT WELCOME PACKET



We're honored to be part of your journey.

WELCOME



Starting therapy can feel exciting, emotional, overwhelming, hopeful or all of those things at once.

At Izzo MFT, P.C., we want you to feel supported throughout your therapy experience, not just during sessions.

This packet is here to help you understand what to expect during your time with us.

YOUR EXPERIENCE MAY INCLUDE



- Collaboratively developing goals with your Therapist
- Exploring emotions and life experiences
- Learning coping tools and strategies
- Processing challenges in a supportive environment
- Adjusting goals as life changes

Your Therapist will work with you to create an approach that fits your individual needs.

WHAT TO EXPECT



Our goal is for clients to start therapy feeling:

Acknowledged, encouraged and proud of the work they've done while being supported in their next chapter.

STAYING CONNECTED THROUGHOUT YOUR JOURNEY



At Izzo, you are supported by more than just your therapist.

Behind the scenes, our team works together to make sure your care runs smoothly, from intake and referrals to billing and clinical supervision.

Your therapist is always your main point of contact and can connect you to the right person for any questions along the way.

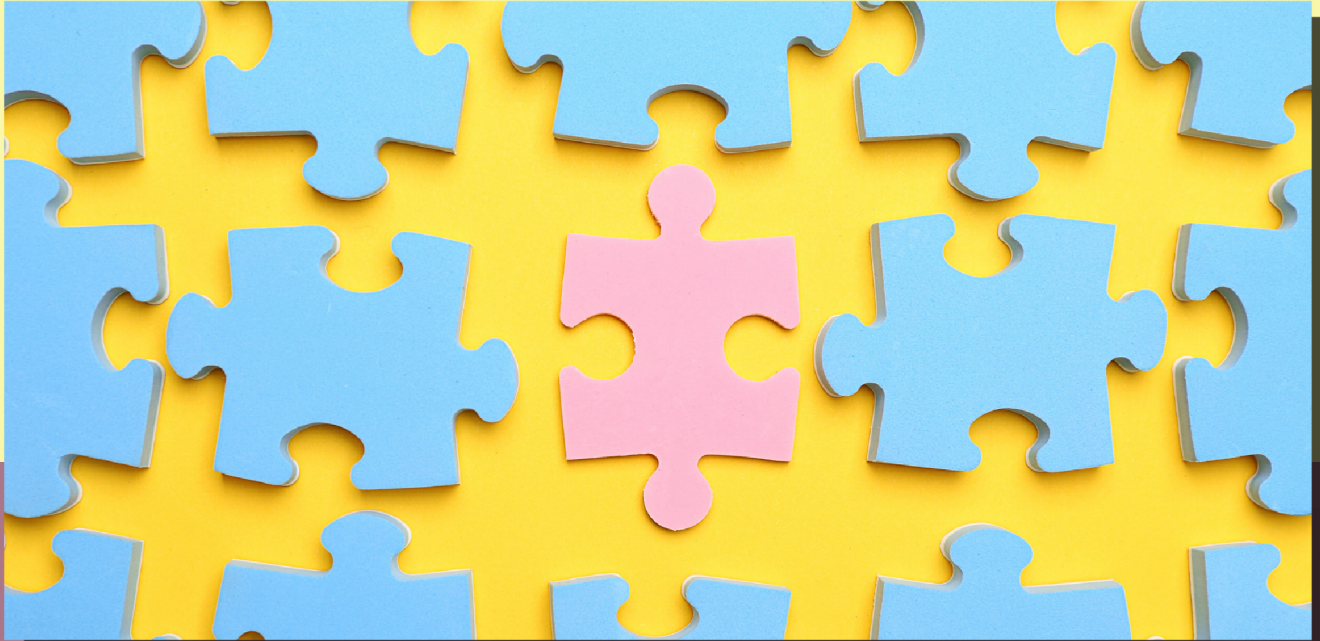
We are here for you

Referrals@izzotherapy.com

Admin@izzotherapy.com

Billing:Tima@izzotherapy.com

CHILD AND TEEN MILESTONES



Milestones may be celebrated in ways that feel encouraging, memorable, and age appropriate.

This may include:

- Milestone conversations
- Encouraging messages
- Small commencement acknowledgments

KEEP IN TOUCH



Anna Izzo

CEO IZZO MARRIAGE AND FAMILY THERAPY, P.C.

Thank you for allowing us to be part of your journey. We know therapy takes courage, vulnerability, and trust, and we are grateful to walk alongside you through that process.

No matter where you are in your journey, we hope you continue forward with confidence and self-compassion.

📍 3130 La Selva st San Mateo, CA suite 300

📍 10 El camino Real San Carlos

☎ 650-223-5605

✉ Admin@izzotherapy.com

🌐 www.Izzotherapy.com

FIRST SESSION NOTES SECTION

