

Privacy Policy  
Serenity and Balance Counseling  
Effective Date:\*\* [March 1, 2025]

At -Serenity and Balance Counseling- your privacy is important to us. This Privacy Policy outlines how we collect, use, and protect your personal information when you visit our website or engage with our services.

#### . Information We Collect

We may collect the following types of information:

- Personal Information:-Name, email address, phone number, and any details you provide when filling out forms, scheduling appointments, or contacting us.
- Health Information:- If you submit forms related to therapy sessions, we may collect limited health-related data to facilitate your care.
- -Technical Information:- IP addresses, browser type, and usage data collected through cookies and analytics tools.

#### . How We Use Your Information:

We use your information to:

- Provide and manage counseling services.
- Schedule and confirm appointments.
- Communicate with you regarding your inquiries or services.
- Improve our website and user experience.
- Comply with legal and ethical obligations.

#### Confidentiality and Security

We take confidentiality seriously. All personal and health-related information is securely stored and protected. We follow HIPAA-compliant practices to ensure your information is kept private. We do not share, sell, or rent your personal information to third parties except when required by law.

#### Cookies and Analytics

Our website may use cookies to enhance user experience and track website traffic. You can manage cookie preferences through your browser settings.

#### Third-Party Links

Our website may contain links to third-party websites for informational purposes. We are not responsible for the privacy practices of external sites.

#### Your Rights

You have the right to:

- Request access to the personal data we hold about you.
- Request corrections to any inaccurate information.
- Withdraw consent for certain uses of your data.

#### . Contact Us

If you have any questions about this Privacy Policy or how we handle your information, please contact us at:

Serenity and Balance Counseling  
4401 Little Rd. Set 550-103  
Arlington, TX 76016  
[jen@serenityandbalance4u.com](mailto:jen@serenityandbalance4u.com)  
817-618-3781

By using our website, you agree to the terms of this Privacy Policy. We may update this policy periodically, and any changes will be reflected on this page.

\_Last Updated: March 1, 2025\_