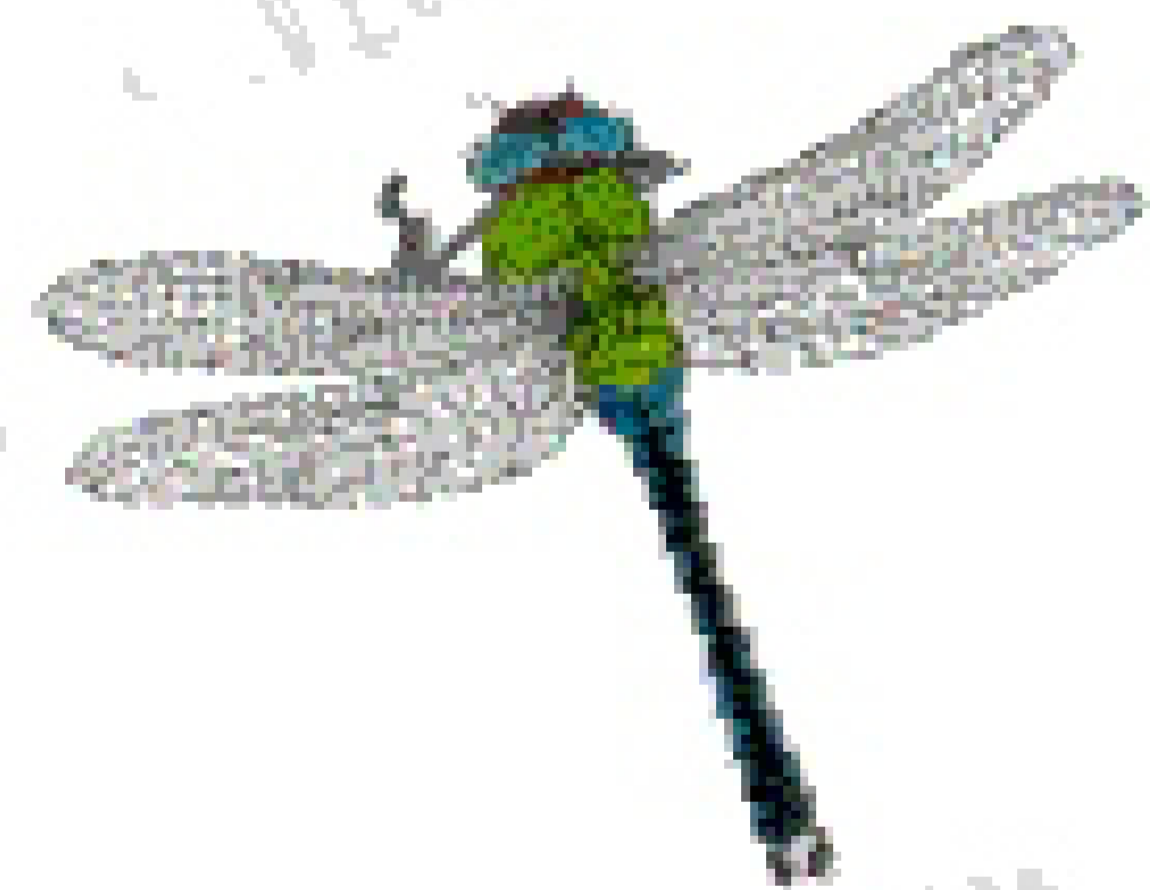


*Susan V. Brewer, BS, CAC*

*Susan has worked since 1989 in substance abuse rehabilitation. A graduate of Kutztown University with a degree in Criminal Justice and Sociology, she has also been certified as an addictions counselor (CAC) by the Pennsylvania Certification Board since 1995. She is experienced in working with both adults and adolescents in inpatient and outpatient settings in both the private and public settings. Susan is familiar with the Bucks and Montgomery treatment and criminal justice systems.*

*Susan is additionally certified as a Life & Career Coach by the Life Purpose Institute in San Diego, California. She attends seminars, conferences and workshops on an ongoing basis in order to stay current with developments in the behavioral health, coaching and counseling fields. Codependency counseling and women's issues are also areas of expertise.*



*"The kindest and most generous behavior we can choose is taking responsibility for ourselves, for what we think, feel, want and need"*

*-Melody Beattie*

*author of "Codependent No More" and "Beyond Codependency"*

## *Mission Statement*

*To provide individualized coaching and counseling services to individuals who want to improve the quality of their lives. This process is done within a framework of support, encouragement, caring confrontation, accountability and the belief that all persons are truly "greater than they think they are."*



# *Life In Balance*

*Susan V. Brewer, BS, CAC*

*Counselor & Life Coach*

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## What is "Life In Balance?"

*Are you living a life of prosperity, abundance & harmony?*

*All of us face struggles in our lives. The key is how we cope with them and with the impact that they have on us and our relationships with others. I believe that all aspects of our lives are inter-connected; if we are stressed in one area, it negatively affects our overall balance. The trick is to address these stressors while being true to ourselves.*

*We create balance by looking inside ourselves and assessing our individual attitudes, values and beliefs regarding our emotions, spirituality, work, family and social relationships. This is what comprises our very individual "emotional fingerprint," if you will. It is only when we really see and embrace this that we can live the life we really want and still stay in balance.*

*Living a fulfilling life in balance is a choice, as is choosing to sleepwalk randomly from one day to the next, reacting to events rather than responding to them.*



*It is about taking risks... saying "no" ... saying "YES!" ... stepping back... believing that there is a process... setting limits... loving ourselves and others unconditionally... breathing... working hard and having fun... asking for help ...believing that the miracle is around the corner... living each day as if it were our last... practicing gratitude... knowing our strengths & weaknesses... living the life we were meant to live...*

## Services

**Assessment:** All counseling clients are assessed regarding their level of functioning, behavioral issues, social and communication skills, mental status, self-concept and family history

**Counseling:** focuses on each client's individual needs, such as:

- ◆ codependency
- ◆ self-esteem
- ◆ gambling
- ◆ addiction & recovery
- ◆ interpersonal issues
- ◆ family of origin issues

**Women's Empowerment Group:** focuses on relationship patterns with friends, family, co-workers and partners

- ◆ identifying and expressing feelings
- ◆ self-knowledge
- ◆ setting boundaries and limits with others

**Life Coaching:** Supports identification and achievement of personal goals as part of self-actualization.

- ◆ mentoring
- ◆ values clarification
- ◆ behavior modification
- ◆ goal-setting
- ◆ brainstorming
- ◆ roleplaying

**Career Coaching:** Empowers identification of a fulfilling career path and supports that goal through each step

- ◆ new career path or new job
- ◆ address workplace issues
- ◆ improve work/personal life integration

**Clutter Free Space:** Hands-on support to organize and declutter your environment in order to achieve more serenity, efficiency and productivity

## Client Testimonials ...

*"Susan listens and helps people in a way they want to be helped. She became my inspiration to overcome obstacles, to believe in myself and above all to never give up. I found strength and wisdom to face my fears and live my life with self-acceptance and confidence."*

*-Molly S.*

*"Susan taught me to find myself, to love myself unconditionally, without fear and judgements and to feel worthy. She kept me focused and grounded on the issues I needed to work on in my life."*

*-Barb E.*

*"Susan was able to recognize my hidden cry for help. By coaching and counseling me she helped me to understand emotion and character. I was able to achieve a sense of well-being, an internal calm that I didn't know existed. I leave my session knowing that there is purpose and meaning to every action and reaction in my relationships with myself and others."*

*-Michael T.*

*"Because of Susan I have accomplished things I never would have dreamed possible. I realize that I have worth and that I can accomplish the impossible. Her counsel was a huge part of the man, spouse, father, son and recovering person I am becoming."*

*-Ben E.*

*"After my divorce, Susan helped me to declutter and organize my basement. We got it done very quickly and it helped me to let go of stuff that I not only didn't need but was holding me back. It was amazing how freeing it was and it only took 3 hours! Alone it would have taken me weeks because I wouldn't have had a supportive, caring person there to help me through the process."*

*-Kitty*