



# About Us

Austin Family Counseling (AFC) is a counseling practice providing expert-level guidance and support for families, children, couples, and individuals. We also offer parenting workshops and groups for individuals seeking community and support.

## For Our Clients

Our **mission** is to provide hope and healing for individuals and families.

Our **vision** is a space where everyone feels supported and empowered by competent and caring counselors so that they can live their most authentic, healthy and integrated lives. We do this through relationship centered therapeutic services that are, family-centered, inclusive, and across the life span.

## For Our Clinicians

Our **mission** is to support new and seasoned therapists and equip them with the tools to provide compassionate care for their clients and themselves.

Our **vision** is to change the culture of counseling through the creation and nurturing of authentic relationships. We do this through a supportive and caring community that is culturally inclusive where clinicians can feel a sense of belonging and encouragement.

## AFC's Core Values: The 3 Cs

Focusing on compassionate accountability in our interactions with each other and with our clients



### Competency

- Providing highest quality of care
- Continually seeking new opportunities for growth
- Taking responsibility for and taking good care of yourself
- Focusing on strengths



### Connection

- Building relationships through belonging and community
- Approaching situations from a systemic viewpoint
- Maintaining an awareness of others
- Cultivating joy through laughter and fun



### Care

- Rooted in love and acceptance
- Providing support and encouragement
- Mutual respect for all
- Maintaining a safe and judgment free environment