



Personal Growth Concepts, Inc.



April 2020

[What's New at Personal Growth Concepts, Inc.?](#)



Greetings to our clients, former clients and friends!

I want to let you know that we are still open, still holding counseling sessions and accepting new clients during these challenging times. Medicare, Husky, insurance companies and EAPs have all approved the use of telehealth (video & audio) sessions for the time being. My staff and I are using HIPAA compliant telehealth platforms to conduct our sessions. The two we are using are doxy.me or zoom.us. The counselor and the client determine between them which they prefer. In rare instances, telephone only sessions are allowed. It's important to remember that the telephone is not HIPAA compliant. Our office staff are also working remotely, checking and responding to phone messages daily. Please call 203-375-5782 if you are interested in setting up an appointment or contacting one of our counselors.



Last year we did a major overhaul of our website. If you haven't visited it lately, please take the time and check us out at www.personalgrowthconcepts.com . There is also a blog which I write weekly that you can access from the website, or sign up to receive some mental health tidbits for your personal growth.

[Click here to access our website and blog](#)

From the desk of John....



On April 4, 1980, I saw our first client on the sunporch of my house in Stratford. A week or so ago we celebrated 40 years of providing high quality, professional, gentle and caring (PGC) service to clients in the greater Bridgeport and greater Waterbury areas. I am grateful to all the staff and clients we have been able to serve over the years. Thank you!

I wish you peace in who you are and in all that you do! ~ John

Resources



Finally, I have a resource for you today. I recently reviewed a case with Optum Insurance Company and the reviewer shared with me that Optum was making available to its clinicians and insured people the app, "Sanvello" which can be downloaded onto your Android or Apple/iphone/ipad device. The app checks in with you, helps you monitor your mood, is informative and can be a valuable boost to your mental health during these challenging times. I've downloaded it myself and am grateful that it periodically checks in with me to see how I'm doing; it helps me take the time to check in with myself. I've also had a couple of clients who are using it and have been giving me positive feedback. Please consider it and, if you choose to use it, let me know how it goes.

Professional, Gentle, Caring



Personal Growth Concepts, Inc. is a private social service agency founded in 1980. Our staff provides high quality counseling, coaching, spiritual guidance and supportive services in a professional, genuine and caring manner. We are committed to partnering with you to improve your emotional health, to develop positive mental attitudes and habits, and to foster successes in your life.

Our Locations

STRATFORD OFFICE

2505 Main Street, Suite 231, Stratford, CT 06615
Phone: 203-375-5782 | Fax: 203-375-3048

NAUGATUCK OFFICE

35 Porter Ave., #4A, Naugatuck, CT 06770
Phone: 203-720-2252 | Fax: 203-375-3048

Our Staff

John A. Pacheco , MSW, ACSW, LCSW, LADC,
Director

Janice Mahieu , MSW, LCSW, Senior Counselor

Arden H. Church , LMSW , Counselor

Charley Mead , MA, LPCA, NCC, Counselor

Charles Rodriguez , BA, Counselor

Maryann, Kristin , & Barbara , Business Office &
Insurance Questions

ABOUT US

Established in 1980, Personal Growth Concepts, Inc. is the name that stands out among the top professional counselors in Stratford CT. We are a customer-centric, service-oriented organization dedicated to providing trusted, reliable individualized counseling and therapy services for people who are dealing with various issues like anger, aging, addiction, anxiety, depression, relationship issues, divorce, grief, stress, and many others.

