

Meet Your Facilitator



Renee Jaegers
MA, LCPC, NCC



As a Licensed Clinical Professional Counselor (LCPC) and a National Board-Certified Counselor (NCC), I have been a practicing Mental Health Therapist since 2006. I have a Master of Science degree in Behavioral Science and Community Counseling from National-Louis University and have experience working with adolescents, adults, and families from a variety of ethnic and economic backgrounds.

Whatever the client's presenting issue, I believe that most people can benefit from therapy services at one point or another within their lifetime. Through an integral-treatment approach to therapy, utilizing treatments grounded in Cognitive Behavioral Therapy (CBT), Psychoanalysis and interpersonal principles, I strive to create a safe and comfortable atmosphere, fostering trust within the therapeutic relationship. I walk with clients to help them gain a better understanding of themselves and their relationships. Together we work toward discovering the answers needed for clients to get "unstuck" and to move forward, fostering a feeling of well-being.

Experienced working with:

- ◇ Anger Issues
- ◇ Anxiety
- ◇ Asperger Syndrome (high functioning)
- ◇ Behavioral Issues
- ◇ Christian Counseling
- ◇ Court-appointed supervised visitation
- ◇ Depression
- ◇ Domestic Violence
- ◇ Family Therapy
- ◇ Relational Issues

Sponsored by:



For additional information, please contact us by email at renee.livingpono@gmail.com or visit our website at livingponocounseling.com. We look forward to hearing from you!



Domestic Abuse Recovery Group



A Recovery Care Group for Women Overcoming Toxic and Abusive Domestic Relationships

Because coming home should feel safe.

Sometimes coming home hurts

When he ...

- ◇ Slaps, hits, pushes or shoves you
- ◇ Calls you names
- ◇ Always has to be right
- ◇ Demands you forgive and forget
- ◇ Controls all of the finances
- ◇ Minimizes or ignores your feelings
- ◇ Cuts you off from friends and family
- ◇ Blames you for all of the problems in the relationship
- ◇ Never accepts responsibility for their actions
- ◇ Forces you to have sex
- ◇ Intimidates you
- ◇ Stalks you
- ◇ Threatens you

... it hurts



When your "happily ever after" has turned painful, you need help.



Support Group

Continue your healing and find hope while spending time with others that share your struggles.

This ongoing group is open to all women who have completed the 8 week Recovery Group.

During our 8 session program, learn about...



- ◇ Comparing healthy and toxic relationships
- ◇ Patterns and why women stay in toxic relationships
- ◇ What to expect if you stay or leave
- ◇ Developing safety, financial, legal, communication, emotional support and spiritual support plans
- ◇ Lies we believe about relationships and the truth that sets us free
- ◇ Practical steps toward healing
- ◇ Establishing healthy boundaries
- ◇ Your unique strengths and opportunities for growth
- ◇ What to look for in a new relationship
- ◇ How to live victoriously and be the woman you were designed to be