



Seasonal Stress Waiver:

The Seasonal Stress group is meant for psychoeducational purposes only and not meant to service as a form of psychotherapy. I agree that by attending the Seasonal Stress group provided by Balanced Minds Counseling, LLC, I am not obligated to enter into any other agreement or services provided by Balanced Minds Counseling, LLC; nor is Balanced Minds Counseling, LLC obligated to provide psychotherapy services to me in addition to this group. I agree that if I experience any negative mental health symptoms as a result of the Seasonal Stress group, I will seek out my own help and/or support. I understand that Balanced Minds Counseling, LLC is not liable for any mental health emergency as I am attending this group voluntarily and for informational purposes.

Signature

Date

