



**PRESS RELEASE**

**FEBRUARY 9, 2018**

**“PREPARE TO CHANGE” LAUNCHES NON-PROFIT COUNSELING CENTER**

*P2C will offer affordable services for individuals, families, and Veterans.*

**Tustin, CA** – Prepare to Change, a well-established counseling group, has launched a non-profit to provide affordable services to individuals, couples, families and Veterans. Part of its mandate includes training therapists to prepare them for providing care in the tumultuous world we now live in.

“Change can be painful and difficult to manage,” says founder Dr. Kaneeza Lafir (PsyD, PsyD, PhD), “but people don’t have to go through it alone. Sometimes even having someone to walk beside you is enough. Prepare to Change not only has the means, but also the desire to help our clients along life’s excursions for as long as they might want us there.”

There is a dire need for qualified therapists who can address a large segment of the community that would normally not have access to this level of care, both in terms of affordability and expertise. P2C’s goal is to train/equip trainees and interns to be the most qualified, competent & compassionate clinicians that they can be in these turbulent times.

Prepare to Change focuses on providing individual therapy for adults and children, couples/family counseling, as well as psychological testing, workshops and seminars. Our priority is teaching people the skills and strategies necessary to manage life’s challenges and produce lasting change.

Prepare to Change offers free online screening and clinical testing throughout the entire counseling process. We assist clients in choosing the right counselor for them at P2C. Clients are assisted with: defining their goals, collaboratively tracking individual/couple/family progress, and perhaps most importantly, imparting courage to face whatever may lie ahead.

CEO Dustin Shultz, (MA, MFT), stated that, “At Prepare to Change, we care about our clients’ well-being. We have built a team of dedicated and highly skilled counselors to walk along side of you, during any season of life. It is truly an honor to be a part of that team.”

Prepare to Change

Aspire to Help Clients Heal and Find Hope

Press Contact: Dustin Shultz

Phone: 949.229.6047

[www.p2ccounseling.com](http://www.p2ccounseling.com)

222 W. Main Street # 101, in Tustin, CA.