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身在异国他乡，没有合适的人诉说心里的困惑？对生活、工作、两性关系有很多疑问？正在头疼孩子的教育，尤其是想知道如何与在青春期的孩子交流？抑或正处于在是否离婚的徘徊中？很多人在生活中都有这样或那样的困扰，对外寻求帮助是面对改变的所迈出的勇敢的第一步。...

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Don't be shy. Here are some tips:

1. Briefly explain who you are, and what brings you here?
2. What do you want (i.e. an initial consult or a question about fees or insurance)?
3. When are you available, and how best to reach you (phone, text or email)?

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