



## Spotlight on Community Partners:

# Sunny Days Therapy and Consulting

by Ann McAuliffe (she/her)

### Ari's Welcome Statement and Mission

I provide an affirming, non-judgmental space for individuals to express themselves. I utilize different modalities to help facilitate therapeutic growth. My goal is to help individuals make healthy life choices and gain strength to be their own selves.



### About Ari

Ariel/Ari is a licensed clinical social worker who received her Masters of Social Work from Loyola University of Chicago. Her education specialized in work with children and families. She is an advocate for social justice in the lives of her clients through her use of client-centered/focused therapy and the strengths-based perspective. Motivated by hope and a firm belief in the power of individuals to affect positive change in their own lives, Ari works with her clients to understand their own diverse and intersectional identities.

### Sunny Days Programs & Services

Aside from experience working with children and adolescents with depression and anxiety, Ari has a focus within the LGBTQIA+ population. Her advanced training working with this population gives her the tools to help queer people obtain wholeness in their lives. Ari has a passion for guiding individuals through their journeys, whether it be a young person exploring their gender, an adult discovering their sexuality, or parents navigating a child through transitioning.

Assistance for trans clients include but are not limited to the following: resources about support groups and other services,