

PRIVACY POLICY

Last updated September 20, 2024

PRIVACY POLICY FOR MINDGROVE WELLNESS

Effective Date: September 20, 2024

At Mindgrove Wellness, your privacy is important to us. This Privacy Policy outlines how we collect, use, and protect your personal information when you visit our website and use our services. By accessing our website and providing your information, you consent to the practices described in this policy.

1. INFORMATION WE COLLECT

We may collect personal information from you in various ways, including when you:

- Visit our website
- Fill out forms or surveys
- Schedule appointments
- Communicate with us via email or other channels

The types of personal information we may collect include:

- Name
- Contact information (email address, phone number)
- Payment information
- Health history and information relevant to therapy
- Any other information you voluntarily provide

2. HOW WE USE YOUR INFORMATION

We use your personal information for the following purposes:

- To provide counseling and therapy services
- To communicate with you regarding appointments, services, and billing
- To improve our website and services
- To comply with legal and regulatory requirements
- To send periodic emails regarding your account or other products and services

3. CONFIDENTIALITY AND SECURITY

We are committed to protecting your personal information. We implement appropriate technical and organizational measures to safeguard your data against unauthorized access, loss, or misuse. All personal health information will be treated in accordance with applicable laws, including HIPAA regulations.

4. SHARING YOUR INFORMATION

We do not sell, trade, or otherwise transfer your personal information to outside parties without your consent, except in the following circumstances:

- To trusted third-party service providers who assist us in operating our website, conducting our business, or servicing you, as long as those parties agree to keep this information confidential.
- When required by law, such as to comply with a subpoena or similar legal process.

5. COOKIES AND TRACKING TECHNOLOGIES

Our website may use cookies and similar technologies to enhance user experience. Cookies are small files placed on your device that help us understand how you use the website and allow us to improve our services. You can choose to accept or decline cookies; however, declining cookies may prevent you from taking full advantage of the website.

6. YOUR RIGHTS

You have the right to access, correct, or delete your personal information at any time. If you wish to exercise these rights, please contact us using the information below.

7. THIRD-PARTY LINKS

Our website may contain links to third-party websites. We do not control these websites and are not responsible for their content or privacy practices. We encourage you to review the privacy policies of any third-party sites you visit.

8. CHANGES TO THIS PRIVACY POLICY

We may update this Privacy Policy from time to time. When we do, we will post the revised policy on this page and update the effective date at the top. We encourage you to review this policy periodically to stay informed about how we are protecting your information.

9. CONTACT US

If you have any questions about this Privacy Policy, the practices of this site, or your dealings with this site, please contact us.

By using our website, you acknowledge that you have read, understood, and agreed to this Privacy Policy.

MINDGROVE WELLNESS

ANXIETY, PERFECTIONSIM & BURNOUT THERAPY FOR WOMEN

CONTACT

Mailing Address:

1034 S Brentwood Blvd #555,

Richmond Heights, MO 63117

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