Website Privacy Policy

Begin Life Counseling, PLLC

beginlifecounseling.com

info@beginlifecounseling.com | 512-309-5840

Effective Date: August 15, 2025

1. Introduction

Begin Life Counseling, PLLC ("we," "us," or "our") operates the website located at beginlifecounseling.com (the "Site"). This Privacy Policy explains how we collect, use, disclose, and safeguard information when you visit our Site. Please read this policy carefully. If you disagree with its terms, please discontinue use of the Site.

This policy applies to information collected through the Site only. It does not apply to information collected through our clinical services, which is governed separately by our HIPAA Notice of Privacy Practices.

2. Information We Collect

We may collect the following types of information:

Information You Provide Directly

When you submit our contact form or inquiry form, we may collect your name, email address, phone number, and the content of your message. This information is used solely to respond to your inquiry.

Information Collected Automatically

When you visit the Site, certain information may be collected automatically, including your IP address, browser type, operating system, referring URLs, pages visited, and time spent on pages. This information is collected through cookies and analytics tools described below.

3. Cookies and Tracking Technologies

Our Site uses cookies — small text files stored on your device — to support site functionality and analytics. Cookies may be set by us or by third-party services we use. You can instruct your browser to refuse all cookies or to indicate when a cookie is being sent. However, some features of the Site may not function properly without cookies.

4. Google Analytics

We use Google Analytics (GA4) to understand how visitors interact with our Site. Google Analytics collects information such as how often users visit the Site, what pages they visit, and what other sites they used prior to visiting. We use this information to improve the Site. Google Analytics collects only the IP address assigned to you on the date you visit the Site, not your name or other identifying information. We do not combine the information collected through Google Analytics with personally identifiable information. Google’s ability to use and share information collected by Google Analytics is restricted by the Google Analytics Terms of Service and the Google Privacy Policy.

5. Security & Bot Protection

We use Google reCAPTCHA to prevent spam and abuse on our contact forms. As the website owner, we are the Data Controller for this security data (such as IP addresses), which is processed by our technical service providers and Google strictly for security purposes. This data is not used for advertising. For details, see the Google Cloud Data Processing Addendum.

6. How We Use Your Information

We may use the information we collect to:

- Respond to inquiries submitted through the contact form
- Improve and optimize the Site's content and functionality
- Monitor and analyze usage patterns and trends
- Protect the security and integrity of the Site
- Comply with applicable legal obligations

7. Third-Party Disclosure

We do not sell, trade, or otherwise transfer your personally identifiable information to outside parties except as described in this policy. We may share information with trusted third-party service providers who assist us in operating our website, conducting our business, or serving you, as long as those parties agree to keep this information confidential. These include our website hosting provider and Google (for Analytics and reCAPTCHA). We may also release information when required by law or to protect the rights, property, or safety of our practice or others.

8. Data Retention

Information submitted through the contact form is retained only as long as necessary to respond to your inquiry and for reasonable administrative purposes. Analytics data is retained in accordance with Google's standard retention settings. You may request deletion of any personally identifiable information we hold by contacting us at info@beginlifecounseling.com.

9. Your Privacy Rights

Depending on your location, you may have the following rights regarding your personal data:

- The right to know what personal data we hold about you
- The right to request correction or deletion of your personal data
- The right to opt out of certain data processing activities

To exercise any of these rights, please contact us at info@beginlifecounseling.com or 512-309-5840.

10. Children's Privacy

Our Site is not directed to individuals under the age of 13. We do not knowingly collect personal information from children under 13. If you believe a child has provided us with personal information, please contact us immediately and we will take steps to remove that information.

11. Changes to This Policy

We reserve the right to update this Privacy Policy at any time. When we do, we will revise the effective date at the top of this page. We encourage you to review this policy periodically to stay informed about how we protect your information.

12. Contact Us

If you have questions or concerns about this Privacy Policy, please contact us:

Begin Life Counseling, PLLC

Email: info@beginlifecounseling.com

Phone: 512-309-5840

Website: beginlifecounseling.com