Privacy Policy for Good Mourning Counseling & Consulting (goodmourningllc.com)

Effective Date: June 9, 2026

Good Mourning Counseling & Consulting ("we," "us," or "our"), operated by Anisa Glowczak, LPC, GC-C, PT-Csp, a solo behavioral health provider in Virginia, respects your privacy. This Privacy Policy explains how we collect, use, disclose, and protect information when you visit our website at goodmourningllc.com (the "Site").

This Policy applies only to information collected through the Site. It does **not** apply to Protected Health Information (PHI) collected during the course of our clinical services, telehealth, or in-person counseling. For details on how we handle PHI as a HIPAA-covered entity, please refer to our **Notice of Privacy Practices (NPP)**, which is provided to all clients at intake and available upon request.

Information We Collect

We design our website with minimal data collection in mind:

- **Automatically Collected Information**: When you visit the Site, our web server may automatically log certain non-personal information, such as your IP address, browser type, operating system, referring website, pages visited, and the date/time of your visit. This helps us monitor Site performance, security, and usage trends.
- **Cookies and Similar Technologies**: We may use essential cookies or similar tools for basic functionality (e.g., session management). We do not use tracking cookies for advertising or profiling. Third-party services (e.g., web hosting or analytics, if any) may set cookies—see their policies for details.
- **No Voluntary Personal Information via Forms**: We do not maintain contact forms, email sign-up lists, newsletters, or any fields on the Site for prospective clients or visitors to submit personal information (such as name, email, phone, or other details).

Visitors contact us solely through the publicly listed email address or phone number. Any personal information you choose to send us via email or phone is handled according to our clinical privacy practices and applicable laws.

We do not sell any products or services directly through the Site at this time. References to affiliate resources (such as Turning Hearts Medallions) are informational only.

How We Use the Information

We use automatically collected data solely for:

- Maintaining and improving the functionality and security of the Site.
- Understanding general visitor trends (anonymized/aggregated where possible).
- Complying with legal obligations.

We do not use this data for marketing, advertising, or sharing with third parties beyond necessary service providers.

Sharing of Information

We do not sell, rent, or trade personal information. Limited data (primarily server logs) may be shared with:

- Our web hosting provider or other service providers who assist with Site operation (under agreements that protect your information).
- Law enforcement or regulators if required by law.

For any PHI shared in the context of clinical care (e.g., insurance billing with Aetna, Anthem/BCBS, Medicaid), refer to our NPP (included with new client intake documents).

Data Security

We take reasonable measures to protect information on the Site, such as using secure hosting. However, no internet transmission is 100% secure. We encourage you to use secure methods when contacting us about sensitive matters.

Your Rights and Choices

- You may request information about what data we hold about you (limited to Site-related data).
- Virginia residents: Under the Virginia Consumer Data Protection Act (VCDPA), if applicable, you have rights to access, correct, or delete certain personal data. Our minimal collection means these rights apply primarily to any email communications you initiate. Contact us to exercise rights.
- You can manage cookies through your browser settings.
- For clinical PHI rights, see our NPP.

Children's Privacy

Our Site is not directed to children under 13. We do not knowingly collect data from children.

Changes to This Policy

We may update this Privacy Policy occasionally. We will post the revised version here with a new effective date. Continued use of the Site after changes constitutes acceptance.

Contact Us

For questions about this Privacy Policy or the Site, contact:Anisa Glowczak, LPC
Good Mourning Counseling & Consulting
3630 S. Plaza Trail, Suite 150-B
Virginia Beach, VA 23452
goodmourningcc@gmail.com
757-572-4609

This Privacy Policy is for informational purposes and does not create a therapist-client relationship. For clinical services, please review our full intake documents and NPP.