

# The Therapy Space Privacy Policy

**Effective Date: January 1, 2025**

The Therapy Space (“we,” “us,” “our”) respects your privacy and is committed to protecting your personal information. This Privacy Policy explains how The Therapy Space collects and uses information about you when you opt-in to receive SMS messages from us.

## How to opt-out from receiving SMS messages from us

You have the right to opt out of receiving SMS messages from us at any time. To opt out, reply 'STOP' to any message you receive from us, or contact us at [info@thetherapyspacema.com](mailto:info@thetherapyspacema.com) to request removal from our messaging list

## Information We Collect

When you opt-in to receive SMS messages, we collect:

- Your phone number
- Consent to send SMS messages
- Your basic contact information
- Your messaging history with us

## How We Collect Your Information

We may collect your information directly from you, such as when you complete a form or contact us automatically, such as when you interact with any of our digital properties; or from others, such as when we receive information about you from third parties.

## How We Use Your Information

We use your information to:

- Send you the SMS messages you've opted in to receive
- Provide updates or other relevant content based on your preferences
- Implement your choices
- Operate our business

## Disclosures of Your Information

We do not share your personal information, phone number, or SMS consent opt-in data with third parties or affiliates for marketing or promotional purposes. We may disclose your information to our affiliated companies; to third-party service providers, business advisors, or consultants who provide services to us; in connection with a merger, acquisition, reorganization, restructuring, financing transaction, or sale of assets; as required by law or administrative order; and to assert claims or rights or to defend against claims.

## Protection of Information

We take steps to protect your information against unauthorized use or disclosure.

## Updates

We may periodically update this privacy policy. If we make material changes that have a substantive and adverse impact on your privacy, we will provide notice before the change becomes effective.

## How to Contact Us

You can reach us by texting the word HELP. You may also contact us directly at our main office by phone at (781)349-7300 or by email at [info@thetherapyspacema.com](mailto:info@thetherapyspacema.com)