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**Locations**  
Falls Church & Herndon VA  
  
FB: GoodBeginningsTherapy  
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LI: Good Beginnings

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**A Pediatric Occupational and Physical Therapy Practice**

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## **Terms & Conditions for SMS Messaging**

**Effective Date:** January 1, 2025

### **1. Overview**

Good Beginnings ("we," "us," or "our") provides SMS notifications and updates related to our services. By opting into our SMS messaging service, you agree to receive text messages about appointment reminders, scheduling updates, service notifications, and other relevant information.

### **2. Message Frequency & Fees**

By subscribing to our SMS messaging service, you may receive up to 10 messages per month.

- **Message & data rates may apply.** Standard carrier charges may be incurred for both sent and received messages.
- If you have questions regarding your mobile plan, please contact your wireless provider.

### **3. Opt-Out & Cancellation**

You can cancel the SMS service at any time by texting "**STOP**" to the message or to 703-536-1817.

- After sending "STOP," we will send you a confirmation message to confirm your unsubscription.
- You will no longer receive SMS messages from us unless you opt in again.

### **4. Help & Support**

If you are experiencing issues or need assistance, you can reply with the keyword "**HELP**" for more information or contact us directly at [info@gbtherapy.org](mailto:info@gbtherapy.org).

### **5. Message Delivery & Liability**

- Message delivery is subject to your mobile carrier's network coverage.
- **Carriers are not liable for delayed or undelivered messages.**

### **6. Privacy & Data Security**

Your privacy is important to us. For more information on how we collect, use, and protect your data, please review our privacy policy at [HERE](#).

By opting into our SMS messaging service, you agree to these Terms and Conditions. If you do not agree, please do not subscribe or opt in to SMS communications from us.

## **7. We use text messages to:**

- Confirm or remind you of appointments.
- Provide updates about your services or treatment.
- Share important announcements or changes in scheduling.
- Respond to inquiries or requests for information.