

MOVING FORWARD, PLC

Michele T. Cole, Ph.D., LCSW

Dear Moving Forward Community,

I hope this finds all of you well!

Summer is already flying by! As school is ending and we are emerging into our summer schedules, remind yourself to take some time for yourself and relax. Be proud of what you have accomplished this school-year! Also, it is always great to get outside! Look below for a few fun things to get yourself some vitamin D!

As always, the team at Moving Forward remains here to provide support and assistance. We continue to offer both in-person and virtual session options for new and current clients.

Sincerely,
Michele Cole, Ph.D., LCSW

Meet Our New Clinicians!!!



Lisa Lehman, LCSW

I am a Licensed Clinical Social Worker licensed in Virginia. I have worked in the mental health field for over 30 years in a wide variety of community, inpatient, outpatient and private practice settings. I have worked with all ages across the life span from elementary aged children to the geriatric population.



Kayla Brothers, LMSW

Kayla is a Licensed Master Social Worker (LMSW) in Virginia. She completed her Bachelors of Social Work degree at Hope College in Michigan and earned her Masters of Social Work degree from Western Michigan University. She is currently a Social Work Resident, working towards her independent clinical license alongside Dr. Michele Cole, LCSW.

My undergraduate degree is from the University of North Carolina in Chapel Hill, and my Masters degree in Social Work from Virginia Commonwealth University in Richmond, VA.

I live in Alexandria, VA, love nature, live with my family and three dogs who make me laugh everyday.

Kayla enjoys working with adolescent clients, as well as student-athletes of all ages. She specializes in Trauma-Informed, therapeutic interventions, as well as Play Therapy, and Cognitive Behavior Therapy (CBT). Kayla is passionate about working with clients in a person-centered manner, where they may comfortably develop skills pertaining to self-regulation, coping, and healthy processing, all while doing so in a safe and welcoming therapeutic environment.



We Are Adding Another Group!

Boys & Girls, ages 9-10

If you are looking for more information or are interested in joining a new group for boys & girls, ages 9-10 please reach out to Katie Bly, who will be leading the group!

Phone: +1 (989) 600-2460
Email: kbly@movingforwardplc.com

If you're interested in other ongoing groups, contact your therapist or Dr. Cole for more information!

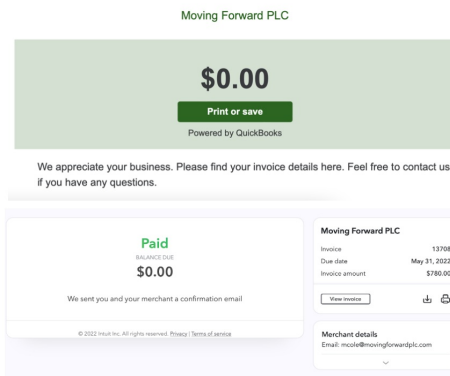
Email: mcole@movingforwardplc.com

Trouble Accessing Your Invoice?

Check out the document link below to show you how to access your invoice, now that we are paperless!

Here are the steps that are also in the [document](#):

- From the original email... Click on the green box that says, "Print or Save" and it will take you to an external page on QuickBooks...
- Click on the white box on the right side of the screen that says, "View Invoice." That will take you to your invoice to be paid.



Updating Moving Forward!

Be careful in the next few weeks when entering Moving Forward because we will be touching up the front of the building! Make sure you watch your head on your way in because there will be scaffolding!!

We are also renovating another therapy room in the basement!

Meet Our Summer Intern!

Therese Dombo

Therese is a rising senior at Saint Joseph's University where she's studying for a B.S. in psychology with a concentration in clinical psychology. She is in a sorority, has a radio show on campus, and is in the psychology club at school! She is hoping to go to graduate school and get her therapist licensing in her next steps after college. Therese is from D.C. and loves reading & going to Rehoboth Beach!



Fun In The Sun!



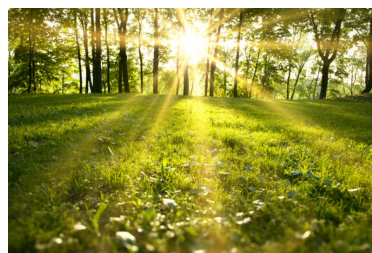
Make a Pic-Nic!

Grab a blanket and take your dinner/lunch with your friends or family outside!!



Nature Walk & Scavenger Hunt

Click [here](#) to get a "Nature Hunt" bingo sheet! Make going outside a fun game!



Sunrise//Sunset

Take a peaceful moment at the beginning or end of your day to center yourself! Life can be so crazy these days.. try and embrace the little moments!

Moving Forward, PLC | (571) 483-0306
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