
MOVING FORWARD, PLC
Michele T. Cole, Ph.D., LCSW

Dear Moving Forward Community,

As the school year winds down and summer begins we can look forward to family fun and new adventures on the horizon. There will be lots of transitions for us all as we leave our daily routine of school and work, go on vacations, start new camps, and hopefully find some lazy days.

It is so important to create a new daily schedule for everyone to decrease anxiety. Let's all make time for relaxing days at the pool to swim and exercise, find a spot at home to read the day away or bake our favorite snack to nourish our body. We are always here for you...welcoming new clients and inviting old clients back to our community to help you all thrive! Please see we have a new therapist who joined our team and added a summer camp's below! Wishing you all a great summer!

My Best,

Michele Cole, PhD, LCSW

Meet a New Member of Our Team!



Jaime Holtzman, LPC
Licensed Resident in Counseling

Jaime is a Licensed Resident in Counseling in the Commonwealth of Virginia, and a Nationally Certified Counselor (NCC). She earned her master's degree in counseling from Marymount University in Arlington, VA, and holds a bachelor's degree in Sociology and Spanish from Ursinus College in Pennsylvania. Jaime is also a Licensed Professional School Counselor and has over fifteen years of experience working in the school setting with children, adolescents, adults, and families.

Jaime has worked with individuals and counseling groups on issues such as anxiety, ADHD, grief, family and life changes, emotional regulation, social skills, conflict, and parenting. She

believes that counseling offers individuals a safe place to process past and present challenges, while also developing skills needed to manage these challenges independently.

Person-centered by nature, Jaime establishes a trusting and comfortable environment that allows individuals to self-actualize by giving them opportunities to reflect on how they will grow through counseling. She believes that each person's journey through counseling is unique, and therefore utilizes an eclectic theoretical approach tailored to individual needs. Jaime draws from multiple counseling approaches, including Cognitive Behavioral Therapy (CBT), Solution-Focused Therapy, Strengths-Based Therapy, Play Therapy, and mindfulness. Jaime is an empathetic, perceptive, and compassionate clinician who enjoys working with clients of all ages.

New Summer Camp Alert!

SUMMER SOCIAL SKILLS BOOTCAMP

AGES: 8-10 years old co-ed

DATES: Monday, Wednesday, Friday 9:30 - 11:30a.m.
Week 1: July 8, 10, 12
Week 2: July 22, 24, 26
Week 3: August 12, 14, 16

\$650 FOR THE WEEK



OBJECTIVES

Welcome to our Summer Social Skills Bootcamp, tailored for kids aged 8-10!

Created for children to develop confidence building & relationship enhancing social skills in a supportive and engaging & fun environment.

Our bootcamp operates every Monday, Wednesday, and Friday from 9:30 am to 11:30 am for one week, ensuring a consistent and structured approach to learning essential social skills.

Through a series of interactive activities, group exercises, and role-playing scenarios, members will learn valuable communication techniques, conflict resolution strategies, and teamwork skills. Each session is customized to meet the unique needs and interests of our young participants.

BENEFITS

From practicing active listening to mastering the art of assertiveness, our bootcamp fosters a growth mindset and empowers children to navigate social interactions with ease and confidence. Through positive reinforcement and encouragement, members will build lasting friendships and cultivate a strong sense of self-awareness and empathy.

This bootcamp includes 2 parent calls, one before & one after the camp ends to discuss your child's specific needs, goals, challenges, and progress, as well as guidance on interactions at home and in other settings

AT A GLANCE

DAILY SCHEDULE

- 9:30-10:00: Mindfulness & Movement, Feelings Check-In
- 10:00-10:30: Skill Building Game
- 10:30-11:00: Group Discussion & Feedback/Snack Break
- 11:00 - 11:15: Skill Practice
- 11:15 - 11:30: Group Ending and Prizes for every participant

INTERESTED TO LEARN MORE?

CONTACT INFO BELOW

Group Leads

JAIME HOLTZMAN, M.A., NCC
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Moving Forward, PLC
ALEXANDRIA, VA

Summer Fun in Alexandria!

Just because you might be home this summer, doesn't mean you need to stay inside. **Click here** for some fun things to



do in the Alexandria area to keep your summer fun!

Free summer events! [Read More Here](#)

Things to do with your furry friends this summer! [Read More Here](#)



9 Tips to Help Kids Keep Safe this Summer

Check out **this** article for tips to help keep your kids safe this summer!



Summer Self-Care List

- Try to get 20 minutes of sunlight a day
- Avoid social withdrawal and social isolation by going out and engaging with a small group of friends and/or family
- Try to stay active, and engage in regular physical exercise for 30-45 minutes a day to increase your endorphin activity
- Try to maintain a healthy diet and a regular eating schedule to help keep your sleep, mood and energy levels balanced
- Try to maintain a proper sleep schedule, sticking to consistent wake up/go to sleep times
- Take advantage of the weather and find something you would normally do indoors and take it outside
- Take some time for YOURSELF by taking a calming walk, reading a book outside under a tree, enjoying the warmth of the sun and some refreshing cool, soothing ice water... whatever soothes your soul
- If you are not an outdoor person, then find an activity you like doing that makes you feel happy and relaxed so you can slow down and de-stress

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