



Dear Moving Forward Community,

The holidays are here! I know we pushed right past Thanksgiving and into Christmas and Hanukkah and then the New Year 2025 is just next week! I have been making weekly reels on IG if you would like to check it out to help you and your family through the holiday season and tips on navigating life! You can just watch them and view our posts or follow us. As a reminder social media is a public platform and not HIPAA compliant. I have decided I want to make an effort to try and help our community with my reels and posts. Hopefully, it works! This is a time to give back; and I say spending time on giving and not on receiving. Giving shows gratitude which we know helps build empathy and decrease stress and increase dopamine and serotonin in our brain - a win win for everyone! So let's think about what we can do for someone else to give them one thing this holiday that gives them a lift up!. Maybe it's a family night of baking and then sharing with our neighbors or a night we go around the table at dinner and share one thing that makes us grateful that we have our family. You've have got this!!

We have lots of groups up and running, if you find your child or adolescent could be helped with some social strength building with peers, tools for anxiety and emotional dysregulation + ++. If you or someone you know is looking to start individual, couples, family or group therapy or pick back up, please contact us today! We are taking on new clients and past clients in person and virtually. Virtually we have therapists licensed in California, Florida, South Carolina, New Jersey and Virginia. If you have any questions, please shoot me an email or call us! At Moving Forward are grateful for you all and wish you the happiest holiday season yet!

My Best,  
Dr. Michele Cole

**Don't miss Dr. Cole's Reels or posts on IG - check it out by hitting the button below and if you'd like give us a follow!**





## Happy Holidays from the Moving Forward Team!

### Insurance Reimbursement Tips

Please ensure that all provider information is submitted to your insurance company so that maximum reimbursement can be received.

The following is the standard info that should be submitted to your insurance co. (found on all of our monthly Superbills):

- Diagnosis code
- Billing codes: 90791, 90837, 90834, 90846, 90853 and 90847 (most common)
- Check that the credentials of the therapist on the top of your Superbill match what your insurance remittance says.
- For example: Michele Cole, PhD, LCSW, they should have this clinician as a PhD. We have seen coding as an MA, etc. You will likely be reimbursed at a lower rate if they code with less credentials.
- For Tricare, only Dr. Cole will appear on our statements. Please ensure she is submitted as a PhD. This makes a difference.
- The Mental Health Parity Act of 2008 states that mental health should be reimbursed at the same rate as you general practitioner including out-of-network coverage. Click the link below if you have more questions!

Have additional questions?

## Avoid Going Stir-Crazy With 125 Indoor Ideas To Do Even When It's Cold Outside

It's "that" time of year again. Every winter, it's easy to mourn the carefree, warm, adventurous days of summer or even the cool breezes of fall. With incredibly brisk weather, it's sometimes not an option to spend much time outdoors, especially with young kids whose winter gear doesn't always stay put.

Oftentimes, families feel holed up indoors with cabin fever. This means parents and families everywhere are wondering about the best winter activities for kids—including yes..fun indoor winter activities to keep kids busy.

So, how can families keep kids entertained, even when it's too cold outside to go to the playground? There are plenty of innovative winter activities for kids to keep the whole [family](#) from going stir-crazy—from [indoor scavenger hunts](#) to [holiday-themed crafts](#).

## Stress Relief Tips for Winter

1. Get your daily dose of sunlight (or light therapy)
2. Get moving
3. Prioritize sleep
4. Manage your holiday expectations with mindfulness
5. Eat for stress resilience

[Read more here...](#)



Winter is here! Find a fun activity in the DMV.

[Winter in DC - 40+ Things to Do in the DMV 2024!](#)

## Cancellation Policy Reminder

### **Missed Appointments/Cancellations:**

*If you are unable to keep an appointment, please give 48 hours advance notice (weekends and holidays excluded); otherwise you will be charged for the time that was reserved for you. Example: If your appointment is scheduled for Tuesday at 11:00 am, you will need to cancel by Friday at 11:00 am.*

*Insurance plans do not reimburse for missed appointment charges. You must cancel your appointment by sending an email or by phone/voicemail.*

## Ongoing Groups

**Join A Group At Moving Forward, PLC**

- Coed Children's Group**  
8&9 YRS  
Wednesdays 5:30pm
- Coping Cats Coed Group For Anxiety**  
11-13 YRS  
Saturdays 9am
- Middle School Boys Group**  
12-14 YRS  
Thursdays 5pm
- Parent Support Group** Virtually  
Fridays 12-1pm
- Girls Group**  
8-10 YRS  
Mondays 3:30pm
- Middle School Girls Group**  
11-14 YRS  
Mondays 5pm
- Young Children's Group**  
4-6 YRS  
Mondays 4:30pm
- Coed Children's Group**  
8-10 YRS  
Thursdays 5pm

Please Contact  
marycole@movingforwardplc.com  
For More Information

**Questions? Contact Us here**

## Group Updates

*Coping Cat*  
**Therapy Group for Anxiety**  
Saturdays 9a.m.  
CO-ED  
AGES 11 -13

STARTING:  
**January 11, 2025**

Evidence-based CBT Group

Participants will learn skills to cope through anxiety-provoking situations

Moving Forward, PLC  
For more information, contact:  
Jaime Holtzman, M.A., NCC  
jholtzman@movingforwardplc.com



 Moving Forward, PLC

*Virtual*  
**PARENT SUPPORT GROUP**

50.00 PER SESSION

- Connect with other parents
- Discover parenting strategies
- Share parenting challenges and successes

**FRIDAYS**  
12:00 - 1:00  
via Google Meet

For more information, contact:  
Jaime Holtzman, M.A., NCC  
jholtzman@movingforwardplc.com | 703.498.9279



**Questions? Contact Jaime Holtzman here**

**New GROUP ALERT!**

Our new 8-10 Girls Social Group ,

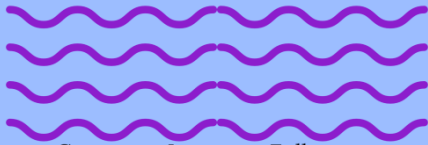
# GIRLS GROUP FOR 8-10YRS

MONDAYS  
At  
3:30pm

**Gain Social Skills**• effective communication, personal space, assertiveness, impulse control, and turn taking

## How it Works...

- each group starts with members greeting one and other
- move into an activity to help teach and practice the skills we are working on in group that week
- move into 'Go-With-The-Flow' exercise. Each week a different group member is chosen to pick the activity that all participate in for the remainder of the session
- we end each group with 'Onions and Pearls' where each member shares something positive and negative about their week



Contact Lauren Fuller at  
lfuller@movingforwardplc.com

led by our wonderful, Lauren Fuller, will be held on Mondays beginning 2025. Have questions? Please click below to contact her directly.

Contact Lauren  
here



Moving Forward PLC | Contact Us

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