

MOVING FORWARD, PLC

Michele T. Cole, Ph.D., LCSW

Dear Moving Forward Community,

I hope this finds each of you well.

With the New Year upon us there is new opportunity for growth in all of us, both emotionally and physically. With this, the Moving Forward team hopes to continue to empower you and your families through 2022 with intention; to fulfill all goals you have set, no matter what the year may hold.

Did you know we have group sessions? Currently there are groups for elementary boys, elementary girls, middle school girls, and soon a high school girls' group. If you or someone you know would like more information, please visit our website at <https://movingforwardplc.com/group-therapy/>

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.

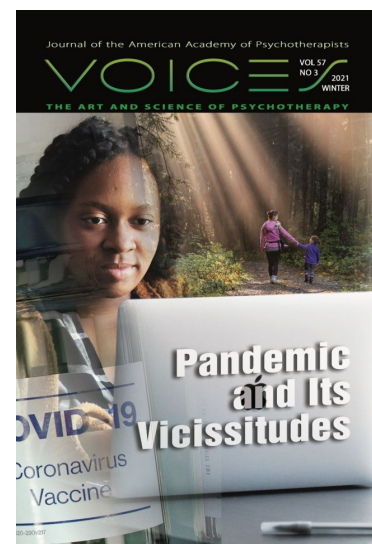
Sincerely,

Michele Cole, PhD, LCSW

Dr. Michele Cole's New Published Article!

Dr. Michele Cole's article, *Redefining Life's Merry-Go Round*, was recently published in the Journal of the American Academy of Psychotherapists' magazine "VOICES" Winter 2022 Edition. In this article, Dr. Cole discusses challenges she faced, both professionally and personally, during the COVID-19 pandemic.

[Click here](#) for the Winter 2021 Edition of VOICES to read Dr. Cole's article on page 71!



Meet Our New Team Member!

Mary Cole, LMSW

Mary is a Licensed Master Social Worker (LMSW) in the Commonwealth of Virginia. She obtained her Master of Social Work from the Catholic University of America and Bachelor of Arts in both Psychology and Communications from the University of Denver. Mary is currently a Social Work Resident, working towards her independent clinical license under Ali Meyer, LCSW.

Mary has experience working with adolescents, emerging young adults and adults utilizing a number of treatment modalities including: Cognitive Behavioral Therapy (CBT), child centered play therapy and mindfulness-based approaches. She has training in providing trauma informed care, play therapy, administering Safe and Sound Protocol (SSP), and providing care to the LGBTQ+ community. Her experience includes working with individuals struggling with a variety of challenges, such as anxiety, depression, ADHD, body image, low self-esteem, victims of domestic violence, trauma and PTSD.

Mary is dedicated to working with clients with a nonjudgmental stance to help them move forward to something better, bringing about meaningful change towards a happier and healthier life.



[Learn More About Mary on Our Website](#)

Staying Calm in the Flurry of Winter!



Self Care for All Ages!

With less day light and busy schedules, self care practices are more important than ever, especially for kids. [Here](#) are some self care ideas that you can teach to your child, and/or try yourself!

Get Cozy with a Book by the Fire!

Check out [these book ideas](#) that



normalize feelings and talking about emotions for kids!

Finding Ways to Help Your Teen Talk Back to Negative Thoughts!

Due to a number of factors in our culture today, the number of children and teens who struggle with negative self-talk continues to rise. To combat this, [here](#) are some ideas to help your child talk back to negative thoughts they may be having.



Creative Crafts!

Use this [link](#) to find some children friendly, winter themed crafts... with an easy clean up!!



movingforwardplc.com | (571) 483-0306

Moving Forward, PLC | 117 S. St. Asaph Street, Alexandria, VA 22314

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