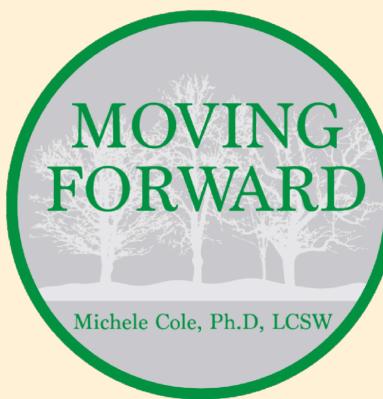


Goodbye, Summer!



Embracing the Season: A Fall Note from Our Director

As the long, sun-filled days of summer give way to the crisp air and golden hues of autumn, we're presented with a natural invitation to slow down and find new ways to nurture ourselves. Here at Moving Forward PLC, we recognize that this season of transition can be a powerful time for reflection and renewed focus on well-being.

Just as the trees let go of their leaves, fall can be an ideal time for us to shed old routines and embrace new habits. Whether it's carving out time for a quiet walk, connecting with loved ones over a warm cup of coffee, or simply appreciating the beauty of the season, these small acts of self-care are essential for recharging our mental and emotional energy.

We want to encourage you to welcome this change and find what truly nourishes your spirit. Taking care of your mental health is a practice of both

managing challenges and actively cultivating moments of joy and peace. Our team is here to support you in every step of that journey, no matter what the new season brings.

Warmly,
Dr. Michele Cole, Ph.D., LCSW

Check out the latest video from Dr. Cole on starting the school year strong

THERAPIST SPOTLIGHT



Licensed Professional Counselor - Resident Elizabeth Mayfield, BS, MEd

[Learn More About Her Here](#)

We would love to give Liz a warm welcome to the practice!

Liz is a Licensed Resident in Counseling in the Commonwealth of Virginia. She earned her Master of Education in School Counseling from Liberty University in Lynchburg, Virginia. She holds a Bachelor of Science in Education from Grace University in Omaha, Nebraska. Liz has been an educator for over a decade working especially with students on the

Autism Spectrum and has two years of experience working in a school setting with children and adolescents as a school counselor. Liz has worked with individual students as well as groups on issues such as anxiety, depression, ADHD and general executive dysfunction, OCD, family and life changes, emotional regulation, social skills, and conflict in friendships and relationships.

[Book a free 15 min consult with Liz](#)



Resident Intern in Counseling Deborah Zebrowski, BSN MS

[Learn More About Her Here](#)

Giving a warm welcome to our new intern, Deb!

Under the direct supervision of Dr. Michele Cole, Ph.D., LCSW, Deb offers quality mental health therapy at accessible rates, perfect for clients starting their journey. We are confident in her commitment to client well-being. Book time with Deb today! Link below.

[Book a free 15 min consult with Deb](#)

ONGOING GROUPS

JOIN A GROUP AT MOVING FORWARD PLC

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JOIN A GROUP AT MOVING FORWARD PLC

Young Children's Group
4-5 YRS
Mondays at 5:30pm

Middle School Girls Group
11-14 YRS
Mondays at 5pm

Girls Group
9-11 YRS
Tuesdays at 6pm

Coed Children's Group
10-12 YRS
Wednesdays at 5:30pm

Young Children's Group
6-7 YRS
Wednesdays at 6pm

Boys Group
9-11 YRS
Thursdays at 5pm

Teen Boys Group
12-16 YRS
Thursdays at 6pm

Parent Support Group
Virtually
Fridays at 12pm

PLEASE CONTACT
MARYCOLE@MOVINGFORWARDPLC.COM
FOR MORE INFORMATION

EXPLORE OUR GROUPS

Moving Forward, PLC provides a variety of ongoing groups. Not finding what you're looking for? Please check back for updates or speak directly with Mary Cole, LCSW, our Group Coordinator.

CONNECT WITH MARY

Find Your Fit at Moving Forward, PLC

JOIN A GROUP AT MOVING FORWARD PLC

Young Children's Group
Ages 4-7
Monday & Wednesday

Middle School Girls Group
5th-8th
Monday 5pm

Boys Group
5-10
Tuesday 4pm

Coed Children's Group
6-10
Wednesday 4pm

Middle School Boys Group
6th-8th
Thursday 4pm

Parent Support Group
Monday
Tuesday 6pm

For more information, contact:
Laura McElroy, M.A., NCC
ljmcloy@movingforwardplc.com | 703.498.9279

Virtual Moving Forward, PLC

PARENT SUPPORT GROUP

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

FRIDAYS
12:00 - 1:00
via Google Meet

Far more information, contact:
Laura McElroy, M.A., NCC
ljmcloy@movingforwardplc.com | 703.498.9279

Young Childrens Group: Ages 4-5

How It Will Help...
Build social skills in the basic areas: communication, personal space, assertiveness, cognitive control, and turn-taking.

Monday 9:30-10:30am

How It Works...
• Each group is to sit in a circle, giving one another
 - 10 minute rotations on activity to help teach and/or practice the skill
 - We use a timer to provide the time structure
 - Each week a different group member is chosen to facilitate the group, so each group member will participate in the leadership role
 - We end each group with "circle time" where each member shares something positive and negative about their week.

Wednesday 9:30-10:30am

Contact: Laura McElroy, M.A., NCC
ljmcloy@movingforwardplc.com | 703.498.9279

Coed Children's Group: Ages 6 & 7

Gain social skills to include effective communication, personal space, assertiveness, impulse control, and turn-taking.

How It Works...

- Each group starts with members presenting aches
- Members are asked to keep track and/or practice the skills
- Members are working alongside each other
- Members are given a chance to work with different group members to choose to pick the activity group members will participate in for the remainder of the session
- We end each group with "circle time" where each member shares something positive and negative about their week.

Mondays 5:30-6:30pm
Contact: Laura McElroy, M.A., NCC
ljmcloy@movingforwardplc.com

Coed Children's Group: Ages 8 & 9

Gain social skills to include effective communication, personal space, assertiveness, impulse control, and turn-taking.

How It Works...

- Each group starts with members presenting aches
- Members are asked to keep track and/or practice the skills
- Members are working alongside each other
- Members are given a chance to work with different group members to choose to pick the activity group members will participate in for the remainder of the session
- We end each group with "circle time" where each member shares something positive and negative about their week.

Wednesdays 5:30-6:30pm
Contact: Laura McElroy, M.A., NCC
ljmcloy@movingforwardplc.com

COED CHILDREN'S GROUP: AGES 8-10

Gain social skills to include effective communication, personal space, assertiveness, impulse control, and turn-taking.

How It Works...

- Each group starts with members presenting aches
- Members are asked to keep track and/or practice the skills
- Members are working alongside each other
- Members are given a chance to work with different group members to choose to pick the activity group members will participate in for the remainder of the session
- We end each group with "circle time" where each member shares something positive and negative about their week.

Thursdays 5:30-6:30pm
Contact: Laura McElroy, M.A., NCC
ljmcloy@movingforwardplc.com

New Girls Group
Every Tuesday

MOVING FORWARD PLC
Beginning June 17
6:00 PM

Join us for a group of girls ages 6-12. We will be learning about self-esteem, assertiveness, communication, and turn-taking. We will be playing games and having fun!

Contact: Laura McElroy, M.A., NCC
ljmcloy@movingforwardplc.com

MIDDLE SCHOOL BOYS GROUP: AGES 12-14

WHAT WE DO...

The group is aimed for boys who struggle with the basic social skills, including turn-taking, assertiveness, and social interaction. The group is designed to help boys develop their social skills and increase their self-esteem.

The group is open to all boys who are interested in learning new skills. This is the second semester of the year, so a different area of focus will be addressed. The group will continue to work on basic social skills, including turn-taking, assertiveness, and social interaction. The group will also work on developing self-esteem and confidence.

Contact: Laura McElroy, M.A., NCC
ljmcloy@movingforwardplc.com

MIDDLE SCHOOL GIRLS SOCIAL SKILLS GROUP
Moving Forward, PLC
Thursdays 5:30-6:30pm

HOW IT HELPS...

This group is aimed for girls who are interested in learning new skills. This is the second semester of the year, so a different area of focus will be addressed. The group will continue to work on basic social skills, including turn-taking, assertiveness, and social interaction. The group will also work on developing self-esteem and confidence.

Contact: Laura McElroy, M.A., NCC
ljmcloy@movingforwardplc.com

Check out our ongoing groups [page here](#)

PRACTICE UPDATES & REMINDERS



Mentaya

Mentaya: An Extra Layer of Support

Mentaya is a valuable resource designed to streamline your out-of-network reimbursement process. ***Please note: Moving Forward, PLC has no affiliation with Mentaya and does not receive any compensation from them. Mentaya is an independent service available to help clients easily check their out-of-network benefits and submit claims for reimbursement.***

Check your benefits below: If you see a resident therapist, please ensure you select their corresponding supervisor, ask your therapist for Supervisor details.

For any questions, please contact our Director of Operations, Francis Parra.

[**CHECK BENEFITS HERE**](#)

[**MORE QUESTIONS? CONNECT WITH FRANCIS**](#)

KIDS CORNER



Our **Kids Corner** is getting even better! We've been busy adding new books, puzzles, and arts & crafts supplies to create a space that sparks curiosity and creativity. We love seeing our youngest visitors dive into a new activity or discover a new favorite book. Be sure to check it out on your next visit—you'll find something new for them to enjoy each time.

YOUR RESOURCE HUB



School is Back in Session

In a recent survey I asked parents, “What’s the most chaotic, stressful time of day for you and your kids?” Over half (67%) said that mornings topped the list of their least peaceful times at home

10 Solutions for Chaotic Mornings

Back-to-School Tips for Parents

Every child faces challenges when heading back to school. But back-to-school time can be exceptionally difficult for the 20 percent of children who suffer from a mental health or [learning disorder](#).

[Read more](#)



What to Do When Kids Are Scared to Go Back to School

“I’m scared to go back to school.” There are many reasons why a child or teen might be feeling this way as summer gradually comes to an end. Whatever they’re going through, it’s important for parents to validate their emotions and help them cope with back-to-school stress.

[Read more here...](#)

Back to School

Tips For Parents

What Causes Destructive Teen Behavior?

Teenagers are known for pushing boundaries. Mood swings, arguments, slammed doors, and a shift toward independence are all part of the typical adolescent journey.

[Read More](#)



WE appreciate YOU



We Value Your Feedback!

Your feedback truly helps us grow! ✨ If you've enjoyed your experience with us, or simply want to give a shout-out to one of our AMAZING clinicians, please consider leaving us a quick Google review. Your words help others find the support they need and start their own therapy journey.

[Scan QR code or click here](#)



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

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