

# 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](#)

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## THERAPIST SPOTLIGHT

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**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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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](mailto: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**

<b>Young Children's Group</b> Ages 4-5 Mondays 4-5pm
<b>Middle School Girls Group</b> 6-14 PM Mondays 4pm
<b>Boys Group</b> 6-14 PM Tuesdays 4pm
<b>Coed Children's Group</b> 6-14 PM Wednesdays 4pm
<b>Coed Children's Group</b> 6-14 PM Thursdays 4pm
<b>Middle School Boys Group</b> 6-14 PM Thursdays 4pm
<b>Parent Support Group</b> 6-8 PM Fridays 12pm

**Parent Contact:**  
Jenna Hoffman, M.A., NCC  
j.hoffman@movingforwardplc.com  
FOR MORE INFORMATION

**Virtual**  **Moving Forward, PLC**

## PARENT SUPPORT GROUP

*For Parents*

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

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

For more information, contact:  
Jenna Hoffman, M.A., NCC  
j.hoffman@movingforwardplc.com | 708.498.9279

## Young Children's Group: Ages 4-5

*Moving Forward, PLC*

**How It Will Help...**

- Build social and communication skills
- Build self-esteem and confidence
- Build problem-solving skills
- Build decision-making skills
- Build decision-making skills
- Build decision-making skills

**How It Works...**

- Each group meets weekly on Mondays 4-5pm
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**CONTACT GROUP LEADER, JENNA HOFFMAN**  
j.hoffman@movingforwardplc.com

## Coed Children's Group: Ages 6 & 7

*Moving Forward, PLC*

**How It Will Help...**

- Build social and communication skills
- Build self-esteem and confidence
- Build problem-solving skills
- Build decision-making skills
- Build decision-making skills
- Build decision-making skills

**How It Works...**

- Each group meets weekly on Mondays 4-5pm
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j.hoffman@movingforwardplc.com

## Coed Children's Group: Ages 8 & 9

*Moving Forward, PLC*

**How It Will Help...**

- Build social and communication skills
- Build self-esteem and confidence
- Build problem-solving skills
- Build decision-making skills
- Build decision-making skills
- Build decision-making skills

**How It Works...**

- Each group meets weekly on Mondays 4-5pm
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j.hoffman@movingforwardplc.com

## Coed Children's Group: Ages 8-10

*Moving Forward, PLC*

**How It Will Help...**

- Build social and communication skills
- Build self-esteem and confidence
- Build problem-solving skills
- Build decision-making skills
- Build decision-making skills
- Build decision-making skills

**How It Works...**

- Each group meets weekly on Mondays 4-5pm
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j.hoffman@movingforwardplc.com

## New Girls Group

*Moving Forward, PLC*

**Every Tuesday**  
BEGINNING JUNE 11  
6:00 PM

**How It Will Help...**

- Build social and communication skills
- Build self-esteem and confidence
- Build problem-solving skills
- Build decision-making skills
- Build decision-making skills
- Build decision-making skills

**How It Works...**

- Each group meets weekly on Mondays 4-5pm
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j.hoffman@movingforwardplc.com

## MIDDLE SCHOOL BOYS GROUP: AGES 12-14

*Moving Forward, PLC*

**What We Do...**

- Build social and communication skills
- Build self-esteem and confidence
- Build problem-solving skills
- Build decision-making skills
- Build decision-making skills
- Build decision-making skills

**How It Works...**

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j.hoffman@movingforwardplc.com

## MIDDLE SCHOOL GIRLS SOCIAL SKILLS GROUP

*Moving Forward, PLC*

**How It Will Help...**

- Build social and communication skills
- Build self-esteem and confidence
- Build problem-solving skills
- Build decision-making skills
- Build decision-making skills
- Build decision-making skills

**How It Works...**

- Each group meets weekly on Mondays 4-5pm
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j.hoffman@movingforwardplc.com

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

## PRACTICE UPDATES & REMINDERS



### 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.

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## YOUR RESOURCE HUB

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### 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 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](#)

## 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...](#)



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**WE appreciate YOU**

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## 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



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