



## **Note from Our Director: A Landmark Achievement and Profound Gratitude**

As the year draws to a close, I write to you with a heart full of **immense gratitude** to share an exciting, landmark announcement.

For over 15 years, we have called the building at 117 S Saint Asaph our "home". Today, I am thrilled to announce that, after years of tenancy, **we have successfully purchased the building!**

This acquisition is more than just a real estate transaction; it is the realization of a long-held dream to secure the permanent future of Moving Forward PLC. Owning our space ensures stability, gives us the freedom to improve and grow our facilities.

You believed in our mission and our vision for the future, and that collective commitment gave us the strength and the resources to make this pivotal move. ***Thank you, from the deepest part of our organization!***

This time of year naturally brings us closer to reflection, gratitude, and our loved ones. As we celebrate this incredible achievement, I encourage you to carry this sense of connection and appreciation into the holidays.

The true strength of any community, including the one we share here, lies in the moments we spend together. As the pace of the season quickens, take a moment to **pause, be present**, and fully embrace the quiet, meaningful connections with friends and family. Let's make an intentional effort to cherish those who make our lives and our community richer.

From all of us at Moving Forward PLC, we wish you and yours a season filled with warmth, joy, and peace. We look forward to sharing our secured home with you for many years to come.

Warmly,

[Latest video: Holiday Magic Starts with Clear Expectations](#)

---

## THERAPIST SPOTLIGHT

---



**Licensed Professional Counselor  
- Resident  
Rachel F. Lavinder, MS**

[Learn More About Her Here](#)

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

Rachel is a Licensed Resident in Counseling in Virginia with experience supporting children, teens, and adults of all ages in outpatient, school, and hospital settings. She earned her Master of Science degree in Mental Health Counseling from Longwood University and Bachelor of Science in Psychology from Virginia Tech.

Rachel has experience addressing issues such as anxiety, depression, trauma, life transitions, grief,

addictions, and social skills. She utilizes a range of evidence-based approaches including Cognitive Behavioral Therapy (CBT), person-centered strategies, strength-based perspectives, and mindfulness-based techniques.

**Book a free 15 min consult with Rachel**



## **Clinical Master Social Worker Deedra Everett, MSW**

**[Learn More About Her Here](#)**

Giving a warm welcome to our new newest clinician, Deedra!

Deedra is a Supervisee in Clinical Social Work in Virginia with a Master's degree in Social Work from Virginia Commonwealth University.

She specializes in supporting children and young teens who experience anxiety, emotional overwhelm, perfectionism, or difficulty managing

frustration and self-regulation. Grounded in Child-Centered Play Therapy, she also integrates EMDR, CBT, and DBT when they best support a child's growth.

**Book a free 15 min consult with Deedra**

## ONGOING GROUPS

### JOIN A GROUP AT MOVING FORWARD PLC

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

JOIN A GROUP AT MOVING FORWARD PLC

**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 OUR GROUP COORDINATOR MARY

### Find Your Fit at Moving Forward, PLC



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](#)**

## NEW SUPERBILL TEMPLATES

You will see changes in this months superbills. POS - is the place of service which most insurance providers require. New layout to provide easier viewing. ***Please note: we are able to add "additional info", like member ID, etc. that may be required, just let our office know how we can assist. Contact us at: [adminsupport@movingforwardplc.com](mailto:adminsupport@movingforwardplc.com).***

<b>Moving Forward PLC</b> 117 S St. Asaph Street Alexandria, VA 22314 +15714830306 <a href="http://www.movingforwardplc.com">www.movingforwardplc.com</a>	 <b>Moving Forward PLC</b> Provider: Dr. Michele Cole, PhD, LCSW NPI: 198 284 0514 VA License LCSW: 0904006579 Email: <a href="mailto:mcole@movingforwardplc.com">mcole@movingforwardplc.com</a> Practice: Tax ID: 26-1265790 NPI: 193 299 5750  117 S St. Asaph Street Alexandria, VA 22314 Phone: 571-483-0306
---	--

**Statement of Insurance Reimbursement**

BILL TO

STATEMENT OF INSURANCE REIMBURSEMENT # 23781

PATIENT NAME

DATE 11/30/2025

DX - DIAGNOSTIC F43.20

TERMS MC

DATE	POS	SERVICE	DESCRIPTION	AMOUNT
11/03/2025	11	90837	Psychotherapy, 60 minutes	255.00
PAYMENT				255.00
BALANCE DUE				<b>\$0.00</b>
				<b>PAID</b>

---

## LOST & FOUND

---



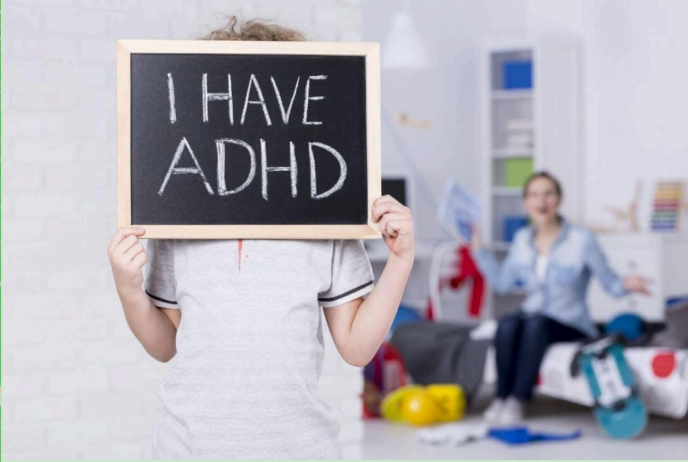
**We may have found your missing item.**

Please contact our office at [adminsupport@movingforwardplc.com](mailto:adminsupport@movingforwardplc.com) or speak with your therapist so we can confirm the item and arrange a time for you to retrieve it. Thank you!

---

## YOUR RESOURCE HUB

---



## Different Types of Therapy for ADHD and How They Work

Most people think therapy for adhd is just tips and tricks, but adequate care reshapes patterns underneath daily struggles. The right approach targets attention, impulse control, working memory, and...

[Read More](#)

## 24 Ways to Make the Holidays Kid-Friendly

From Thanksgiving to New Year's, holiday excitement can be overwhelming for some children, especially those with autism, ADHD, sensory challenges, or anxiety. Here are some ways to make the season more enjoyable for everyone.

[Read more](#)



## Gratitude enhances health, brings happiness —

How can the power of gratitude affect our lives? Recent research has pointed to gratitude's myriad positive health effects, including greater emotional and social well-being, better sleep quality, lower depression risks, and favorable markers of cardiovascular health. Now, new data from the long-term Nurses' Health Study shows that it may extend lives.

[Read More](#)

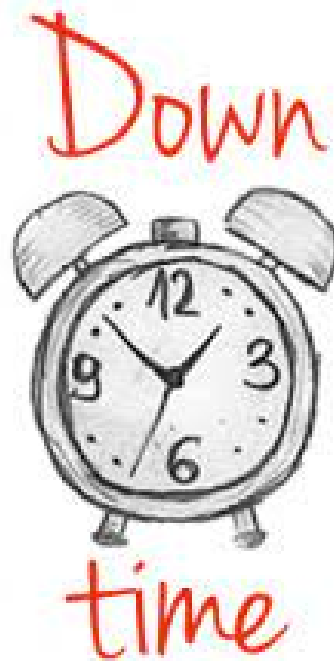
## Alone Time Helps Reduce Holiday Stress

46% of Americans don't get enough alone time during the holiday season, even though 56% say it's crucial for their mental health.

Taking brief moments alone can help the nervous system settle, reducing stress and improving well-being during this busy time.

Some say the holidays are the most wonderful time of the year. But for others, the hectic holiday season may be the most stressful.

[Read more here...](#)



---

## Thank YOU

---



We Value Your Feedback!

We can't stress enough how incredibly grateful we are for our community. Thank you for the incredible feedback. Your reviews help others find the support they need to start their own therapy journey.

[Scan QR code or click here](#)



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

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)



Try email & social marketing for free!