



Dear Moving Forward Community,

It is March and time to think about how we will continue to march through this year. Let's think about what march can mean to us.

March: M- Move Forward with purpose. A - Awaken new possibilities. R - Rise with resilience. C - Courage to embrace change. H - Hope in every step.

March is your season of growth-move forward with confidence, embrace the new, and thrive!

We have lots of groups up and running. A parenting support group is being run virtually on Friday's at noon! Join Jaime as she leads this group; you will be happy you did! Also, if you find your child or adolescent could be helped with some social strength building with peers, tools for anxiety and emotional dysregulation + ++, our groups are still growing and we are accepting new members. 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. We have therapists licensed in Virginia, California, Florida, South Carolina, New Jersey, District of Columbia and Maryland. If you have any questions, please shoot me an email or call us! At Moving Forward are grateful for you all! Let's rock this March and roll into spring. You've got this!

My Best,  
Dr. Michele Cole

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**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!**





## **Therapist spotlight!**

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**Now accepting new clients! Congratulations to Leeann, who is now a licensed resident counselor.**

Leeann is passionate about empowering clients to navigate life's transitions, overcome challenges, and embrace their full potential. With a compassionate and collaborative approach, Leeann creates a safe, nonjudgmental space where clients can explore their unique stories, uncover strengths, and build the skills needed for lasting growth and healing.

[\*\*Read more about her here...\*\*](#)

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## **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**  
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For More Information

Questions? Contact Us here



## How to Change Negative Thinking Patterns

Recognizing — and challenging — “cognitive distortions.”

[READ MORE](#)

# Quick Guide to Acute Stress Disorder

## What is Acute Stress Disorder?

**Acute Stress Disorder** is a mental health condition that happens when a child has a very strong emotional reaction to an upsetting event. The event could be a serious accident or injury, sexual assault, the death of a loved one, a natural disaster, or any other intensely stressful experience.

Active Acute Stress Disorder; the child's reaction is more extreme than normal. It can cause problems at home, at school and with friends. Acute Stress Disorder is similar to post-traumatic stress disorder (PTSD), but it doesn't last as long.

[Read More](#)

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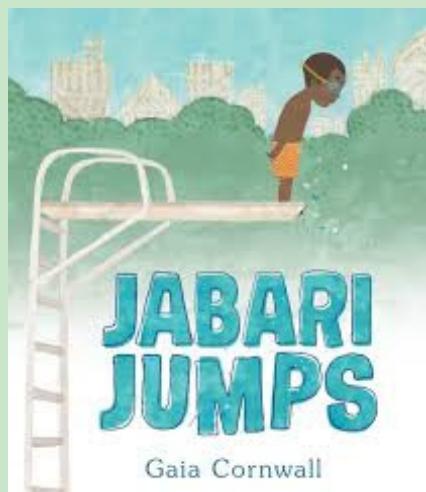
## EXPERT STRATEGIES Clearing Mental Clutter and Regaining Focus

When there's a lot on your student's plate, their mind can easily stay stuck on past tasks or what's coming next. This mental clutter can make it harder to **focus** and stay productive. To help, we've put together simple, practical strategies to clear distractions, rebuild **routines**, and ease back into a steady academic rhythm—without being **overwhelmed**.

1. Start Small: After a break, ease back into routines with small, manageable **goals** to build momentum and confidence.
2. Declutter Workspaces: A clean and **organized** study space helps create a fresh mental slate for tackling schoolwork.
3. Prioritize Sleep: Reestablish a healthy sleep schedule to boost **focus**, energy, and overall well-being.
4. Use a Brain Dump: Encourage your student to jot down lingering thoughts or tasks on paper. This clears their mind and creates a **to-do list** they can tackle.
5. Set Daily Focus Times: Dedicate specific blocks of time to schoolwork without distractions. Short bursts of focused **effort** can work wonders.

[Read more here...](#)

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**What are some activities we can do as a family or have our children do on their own?**

1. Check out some growth mindset books:

[Jabari Jumps](#)

[My Strong Mind: A Story about Developing Mental Strength](#)

[I Can't Do That, YET: Growth Mindset](#)

2. Learn how to fold origami! Origami can range from easy to complicated. It's a great way to challenge yourself to create something out of nothing AND is fixable if there is a mistake or two. Check out this [website](#) or YouTube various origami tutorials for ideas.

3. Use daily mantras! We love this [list](#) from Big Life Journal. Having a daily mantra is a great way to start shifting negative self talk.



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