



571-483-0306
movingforwardplc.com
117 S. Saint Asaph Street,
Alexandria, VA 22314

May is Mental Health Awareness MONTH

Prioritize Your Health and Wellbeing!

Prioritizing your health and well-being is essential for living a fulfilling and balanced life. Focusing on both physical and mental health can improve your overall quality of life, increase your energy levels, and enhance your resilience to stress. Incorporating regular exercise, a nutritious diet, adequate sleep, and mindfulness practices into your daily routine can profoundly affect your mood, productivity, and longevity.

Remember, taking time for self-care isn't a luxury—it's a necessity that empowers you to thrive in all aspects of life. Making your health a priority benefits you and positively impacts those around you, creating a ripple effect of well-being and happiness. Let's continue Moving Forward together!

Wishing you the best,

Dr. Michele Cole, Ph.D., LCSW

NEWS & ANNOUNCEMENTS



Mentaya

We are excited to announce that we've partnered with Mentaya, a service that streamlines getting reimbursed for your therapy sessions through out-of-network benefits.

See if you qualify: <https://mentaya.co/checkbenefits/UuWQrlAyCeiTTS7tvbiya>

Mentaya is perfect if you:

- Have out-of-network benefits
- Feel overwhelmed by superbills and insurance
- Have submitted superbills but failed to get any reimbursement
- Simply want to skip the hassle of paperwork!

Here's how it works:

1. Sign up for Mentaya: <https://mentaya.co/inviteclient/UuWQrlAyCeiTTS7tvbiya>
2. Our practice will enter your sessions into the platform.
3. Mentaya submits the claim and handles any insurance follow-up.
4. You get reimbursed by insurance!

Mentaya charges a 5% fee per claim, which includes handling any paperwork required, dealing with denials, and calling insurance companies.

It's risk-free: They guarantee claims are successfully submitted, or a full refund of their fees.

Have questions? Please contact, **Francis Parra**.

We've expanded our space!



We're excited to share some positive updates to our office space! We've recently expanded our space with the addition of two new therapy rooms and a waiting

area. Additionally, we've added individual computer tables for client use in the main waiting area, created new seating areas, and even added a kids' corner!

If you have any questions or feedback, please feel free to contact our Director of Operations, **Francis Parra (here)**.

We hope you enjoy the refreshed space!

Therapy Groups!

Group therapy is a great way to connect with others while still gaining all the benefits of individual therapy! Check out some groups we are offering at Moving Forward, PLC.

Interested? Visit our website or reach out to our Group Coordinator, **Mary Cole, LCSW** for more information!

JOIN A GROUP AT MOVING FORWARD PLC

JOIN A GROUP AT MOVING FORWARD PLC

Young Children's Group 4-6 YRS Mondays 4:30pm
Middle School Girls Group 11-14 YRS Mondays 5pm
Coed Children's Group 8&9 YRS Wednesdays 5:30pm
Coed Children's Group 8-10 YRS Thursdays 5pm
Middle School Boys Group 12-14 YRS Thursdays 6pm
Parent Support Group Virtually Fridays 12-1pm

JOIN A GROUP AT MOVING FORWARD PLC

PLEASE CONTACT
MARYCOLE@MOVINGFORWARDPLC.COM
FOR MORE INFORMATION

Discover Wellness Tips



Dr. Julie Smith
Clinical Psychologist, Author

Jennifer Wallace
Journalist, Author

Mel Mah
Mindfulness Coach, Calm

Free Webinars | Calm.com

Check out some free webinars brought to you by Calm.com throughout the month of May. Topics like managing stress, building resilience, and creating a healthier mindset.

Find out more here...



**Child Mind
Institute
EDUCATION**

Resources to Help Our Kids Thrive

With both parents and teenagers reporting soaring rates of stress, **mindfulness** is a valuable practice to try. It can't resolve all the things that are stressing you out, but it can help you feel calmer, less overwhelmed, and more able to handle whatever is on your plate.

This week at childmind.org we are talking about mindfulness — the practice of paying attention to how you feel in the moment, without judgment — and how it can help people of all ages.

Mindfulness techniques can help **kids with ADHD, anxiety**, [Read more here...](#)

Boost Your Wellness

Physical activity is a cornerstone of overall wellness, offering numerous benefits such as improved cardiovascular health, enhanced mood, and better sleep.

[Start Your Journey](#)



Nourish Your Body

A balanced diet rich in fruits, vegetables, whole grains, and lean proteins provides the essential nutrients your body needs to function at its best.

[Explore Recipes](#)



5 Teen Mental Health Conversation Starters

Talking with teens about their emotions can be tough. We offer five conversation starters to get the chat rolling, plus 10 tips to help parents or other loved ones broach sensitive topics with teenagers.

[Read more here...](#)

Your feedback is valuable to us, and if you're willing, leaving a Google review could help others find us.

Thank YOU!



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!