

# Hello, Summer!



## Summer Refresh: A Note from Our Director

As the days stretch longer and the sun shines brighter, summer truly invites us to shift our rhythm and embrace a period of renewal. Here at Moving Forward PLC, we often talk about the importance of self-care and finding balance, and summer offers a unique opportunity to do just that. Whether it's the simple joy of feeling the sun on your skin, the tranquility of spending time in nature, or the chance to slow down and reconnect with loved ones (or yourself!), this season can be a powerful time for recharging our mental and emotional batteries.

We encourage you to lean into these moments, find activities that genuinely replenish your spirit, and perhaps even discover new ways to prioritize your well-being. Remember, fostering good mental health isn't just about managing challenges, but also about cultivating joy and building resilience through restful and meaningful experiences. Our team remains dedicated to supporting your journey, however your summer unfolds.

Warmly,

Dr. Michele Cole, Ph.D., LCSW

[Check out the latest video from Dr. Cole on self care here](#)

# THERAPIST SPOTLIGHT



## Introducing our new Resident Intern in Counseling, Bianca Bozzo, BA

[Learn More About Her Here](#)

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

## ONGOING GROUPS

Find Your Fit at Moving Forward, PLC

We're excited to welcome Bianca, a Resident Intern in Counseling, to Moving Forward, PLC. Bianca is completing her Master's in Clinical Mental Health Counseling at George Mason University, she received a Bachelor's from Georgetown University in Psychology and a minor in Women's and Gender Studies. She is also a graduate of Georgetown Visitation Preparatory School.

Under the direct supervision of Dr. Michele Cole, Ph.D., LCSW, Bianca 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 Bianca today! Link below.

## JOIN A GROUP AT MOVING FORWARD PLC

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**Young Children's Group**  
4-6 YRS  
Mondays 4:30pm

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

**Girls Group**  
9-11 YRS  
Tuesdays 6pm

**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

**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

**NEW GROUP ALERT!**

Moving Forward PLC

# New Girls Group

*Every Tuesday*

BEGINNING JUNE 17  
6:00 PM

Ages 9-11

Our group boosts communication, builds stronger peer relationships, enhances social skills, and develops emotional regulation tools, including practical ADHD strategies

[More information](#)

Lauren Fuller - [lfuller@movingforwardplc.com](mailto:lfuller@movingforwardplc.com)

We're thrilled to launch our latest group, guided by Lauren Fuller, LMSW. This group provides a dynamic environment to develop crucial communication skills, foster healthy peer relationships, boost social confidence, and explore effective ADHD tools.

Think this group aligns with your goals? Reach out to Lauren today!

**CONNECT WITH LAUREN**

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**PRACTICE UPDATES & REMINDERS**

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# Mentaya

## Mentaya: An Extra Layer of Support

We previously introduced you to Mentaya, 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.

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

**CHECK BENEFITS HERE**

**CONNECT WITH FRANCIS**

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## SUMMER IDEAS & TIPS

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### School's Out

Children with ADHD do best when they know what to expect, so don't abandon your family's routine when the school year ends. [Activity ideas + how to add structure »](#)

A Framework for Fun

## No Camp, No Problem

Summer camps are not affordable or accessible for all families, find directors of several programs sharing strategies and activities they use to provide social, behavioral, and academic stimulation.

[Skill Building Ideas from ADHD Camps](#)



## Sleepover and Summer Camp Anxiety

Spending the night at a friend's house or going to sleepaway camp can be a fun part of growing up, and it can help kids develop independence. But sometimes a child wants to try a sleepover —

[Resources to Help Our Kids Thrive](#)

## How to Handle Anxiety Amid Big Life Changes

Graduation season can be both exciting and anxiety-inducing, with major life transitions that involve next steps toward an educational or professional milestone. This can lead to **anticipatory anxiety**—a fear or dread in the face of an anticipated event, often rooted in uncertainty.



[Read more here...](#)

**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](#)

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

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