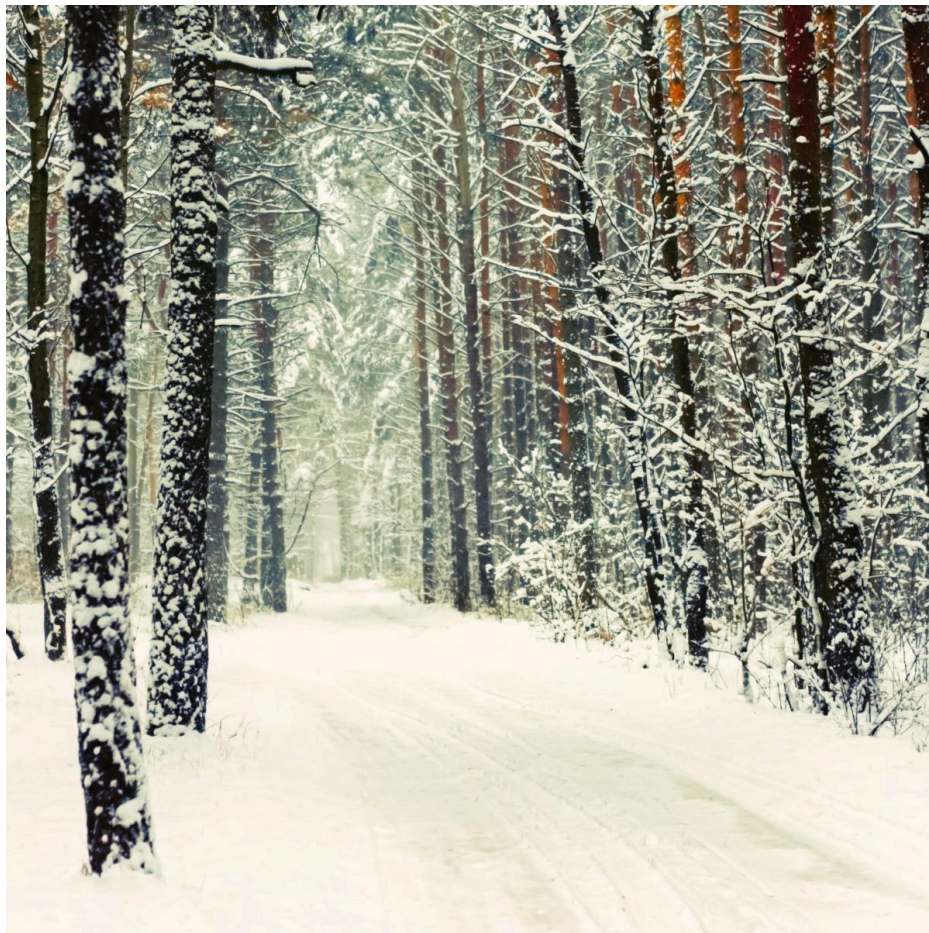




Winter Solstice

Note from Our Director



As the longest night of the year approaches, it is essential to reflect on our personal goals and well-being. The Winter Solstice represents a time for renewal, but it is also a season that can bring a complex mix of emotions.

While we often feel pressured to be joyful, please remember that it is okay to feel sad. I encourage you to sit with those feelings and simply be present with yourself. Resilience isn't just about "staying positive"; it's about having the self-compassion to honor exactly where you are.

This season, I invite you to prioritize your own peace. Give yourself permission to say "no" to the obligations or events that don't fill you up. Know that our team is here and ready to support you exactly where you are, whether you need a listening ear or a helping hand.

I want to thank you for a truly wonderful year of support and dedication. It is your commitment that makes our work possible. I wish you a gentle holiday season and a bright, hopeful year ahead.

Warmly,
Dr. Michele Cole, Ph. D., LCSW

Check out our latest post: Coping with mixed Emotions
During the Holidays

Ongoing Groups

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.

Group Criteria:

- Group for individuals ages 6-17
- Group members are required to attend regularly for the first 12 weeks

Topics Covered:

- Mindfulness skills
- Distress tolerance
- Walking the Middle Path
- Emotional regulation
- Interpersonal Effectiveness

- Friendship Issues

Cost: \$110 per session

Facilitators: Mary Cole, LCSW, Lauren Fuller, LMSW & Bianca Bozzo & Deb Zebrowski, Clinical Interns

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 | JOIN A GROUP AT MOVING FORWARD PLC |
| | 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 | |

PLEASE CONTACT
MARYCOLE@MOVINGFORWARDPLC.COM
FOR MORE INFORMATION

EXPLORE OUR CURRENT 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

Practice Updates & Reminders



Your End of Year Checklist



And just like that, 2025 is coming to an end. Scroll to see what you need to do, how Mentaya can help, and what discounts are available!

Deductibles Reset in January

For most calendar-year plans, deductibles reset on Jan 1. Here's how to help maximize your benefits right now, depending on where you stand:

If you are nowhere near your deductible

Example: \$3k deductible remaining, just started therapy, only 2 sessions left this year

- Recommendation: Wait until January to start submitting. It usually doesn't make sense to submit those claims, almost certainly you won't meet your deductible by Dec 31st.

If you're close but not quite there

Example: \$1k deductible, haven't submitted since October, 5 sessions left

- Recommendation: You're so close! Time to ramp up, submit all past sessions and upcoming ones right [here](#).
- Bonus: If you've seen any other OON providers this year, those claims can also count toward your deductible.

If you've already met your deductible

Example: \$0 remaining in your deductible

- Recommendation: Just keep doing what you're doing, continue submitting every claim on Mentaya so you get reimbursed consistently.

Timely Filing Limits Are Sneaking Up

Claims come with an expiration date, and once it passes, you lose the chance to get reimbursed. Most insurers give you 365 days to file OON claims (some give even less).

Payors with a 365-day limit include:

| STATE | INSURANCE | TIMELY FILING LIMIT (From the date of service) |
|---------------|-------------------|---|
| Alaska | BCBS | 1 year |
| Colorado | Anthem Blue Cross | 1 year |
| Florida | BCBS | 1 year |
| New York | BCBS | 1 year |
| Pennsylvania | Highmark BCBS | 1 year |
| Washington DC | Carefirst | 1 year |

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 ongoing changes in our superbills.

POS - is the place of service which most insurance providers require. New layout to provide easier viewing -- this is continuously being improved for easier claim processing. 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

FEATURED


IN VOYAGEBALTIMORE



Today we'd like to introduce you to Dr. Michele Cole, PhD, LCSW.

Hi Dr. Michele, we're thrilled to have a chance to learn your story today. So, before we get into specifics, maybe you can briefly walk us through how you got to where you are today?

Dr. Cole founded Moving Forward, PLC a group



We're honored to be featured in @voyagebaltimore's Inspiring Conversations ✨

Dr. Michele Cole, PhD, LCSW shares the story behind Moving Forward, PLC—our mission, our growth, and our commitment to helping individuals and families heal together.

Read the full article and learn more about the heart behind our work. ❤️

[Read More Here](#)

Your Resource Hub



Listen to This:

Screens are inescapable - but there is a better way. Dr. Becky and Dr. Jean Twenge share research-backed rules to set healthier tech boundaries and build real-world resilience in this episode of the Good Inside podcast:

[Raising Kids in a World of Smartphones & AI.](#)



Why Kids Hit and What to Do About It

When hitting shows up, it's usually a sign that a child needs support - not punishment. This guide: Why Kids Hit and What to Do About It helps you respond in ways that reduce hitting while strengthening your relationship.

[Read More Here](#)



How to Support a Loved One with OCD During the Holidays

For young people struggling with obsessive thoughts and compulsive behaviors, the holiday season can intensify triggers and symptoms. Newport Healthcare's Meredith Hettler, LMFT, National Director of our OCD and Anxiety Program, offers strategies for supporting a loved one with OCD at this time of year.

[Read More Here](#)



5 Ways to Overcome Holiday Perfectionism

The self-imposed pressure to create a perfect holiday experience can leave parents feeling guilty and burnt out. Here are five ways to shift from perfectionism to being present.

[Read More Here](#)



Thank YOU

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 or Click Here](#)



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

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