

CONVERSATION FROM THE CAFÉ



January's Theme: New Beginnings

WELCOME FROM ALLISON & KATHLEEN

As we enter a new year, we are excited to share our newsletter with you. At Therapy Café®, we strive to provide a menu of services for you to choose from that are focused on the whole person: mind, body, and spirit. Our opening theme for the year is focused on New Beginnings and ways to achieve renewal and well-being. Happy New Year to you and wishing you a happy and healthy 2021!

WHAT IS TO COME

In 2020, we climbed some mountains, sat in some valleys, and experienced some losses. Those things will be with us forever. As I begin a new year, I am determined to not have those things define me but to develop me.

I invite you to join me in walking into 2021 with a posture of hope that things will be different. Allow yourself a moment to reflect on where you have been only so that you can be ready for what is to come.

Lorice Parker

Licensed Master Social Worker (LMSW), Therapy Café®

MAKE SELF-CARE A PRIORITY IN 2021

As we enter a new year, it is important to set an intention to practice Mindful Self-care. This type of self-care is an active process that involves balancing your external demands, including family, community, and culture, with internal needs, such as your thoughts, feelings, and physical health.

We can start to develop a Self-care Mindset and learn how to mindfully incorporate the five basics of self-care into our lives. According to wellness expert Suzanne Falter (2020), these basics involve: **1) Understanding our needs; 2) Setting boundaries; 3) Asking for help when needed; 4) Taking action; and 5) Building self-care into our daily lives.**

At Therapy Café®, we recognize the importance of developing the basics of self-care so that you can be healthy inside and out. Join us for our Welcome to 2021 Wellness Webinars, which will focus on different ways to bring Mindful Self-care into your life and make 2021 your best year ever.

Our first webinar takes place on Thursday, January 21st from 7:00 – 9:00 p.m. EST and is led by Danielle Siler Tyler, a Holistic Wellness Concierge at Therapy Café®. You can even bring a friend for no extra charge.

To sign up for the webinar, go to:

<https://thetherapycafe.com/product/creating-a-sacred-inner-space/>

Reference

Falter, S. (2020). *The extremely busy woman's guide to self-care*. Naperville, IL: Source Books.

“The first step towards getting somewhere is to decide you're not going to stay where you are.”

-John Pierpont “J.P.” Morgan

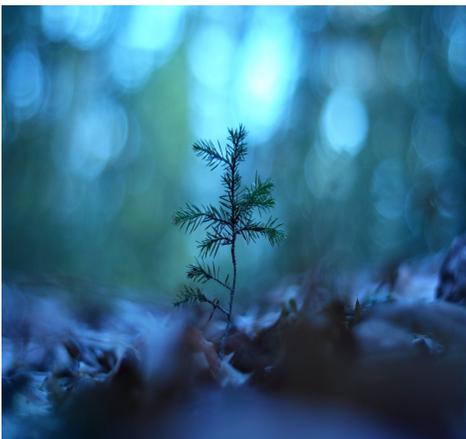


Photo by Bethany Yates

Sign up to receive our newsletter and announcements about our programs at: www.thetherapycafe.com

it's okay if you don't
know what your next
steps are or what the
future holds - even our
best plans sometimes
don't go to plan



A POINT TO PONDER

Contact Us

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ANNOUNCING THERAPY CAFÉ® PODCAST

We are excited to announce the imminent launch of our new Therapy Café® podcast! This podcast is geared to mental health professionals who want to make a difference in their communities. Each episode takes a deep-dive into topics that challenge us as mental health providers and enhance our ability to help others as well as care for ourselves. The podcast is hosted by Dr. Kathleen Tallent, licensed psychologist, and Allison Stenson, business/marketing expert/ordained minister, and includes interviews with specialists and first-accounts of those with lived experience of mental illness to shed light on current issues and solutions. We strive to apply psychological research to solve real-world problems and “think outside the box” when it comes to mental health to help clinicians bring about real, lasting change in their client’s lives. Topics include engaging underserved populations, reducing the stigma of mental illness, holistic approaches, and how to care for ourselves so we can show up for our clients and be our authentic selves. Join us for Season 1, where we focus on First Responder Mental Wellness and working effectively with firefighters, police officers, Emergency Medical Technicians (EMTs), paramedics, 911 dispatchers, and other public safety personnel.

Find show notes as well as links to resources at our website:
www.thetherapycafe.com/podcast

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