



AUGUST ANNOUNCEMENTS

This month is

National Wellness Month

Set time aside to work on self care & stress relief techniques to implement in your life.

4-7-8 Breathing Method

- Breathe in through your nose for 4 seconds
- Hold the breath for 7 seconds
- Breathe out from your mouth for 8 seconds Repeat 4-8 times

Journaling

- Writing down your feelings
 - Voice recording
 - Video journal
- All of these options allow you to look back and see your progress!

Meet the team!



Kimberly Parker, LPC, LCDC
Owner & Therapist



John Moreno, LMSW,
Supervised by Norman Harold Cobb PhD, LCSW



Nancy Townsend, MA, LPC
Associate, NCC, supervised by Lacey Fisher, LPC-S, RPT-S, PMH-C



Renee Golden,
Social Media Intern

For more details or to stay connected follow us on Instagram and Facebook!

 @revive2thrivewellnesscenter 

Revive to Thrive
Wellness Center

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MONTHLY NEWSLETTER

Monthly Updates

01

Beginning August 8th every 2nd & 4th Monday we will have a support group for Counseling Students & Associates facilitated by Nancy Townsend MA, LPC Associate, NCC, supervised by Lacey Fisher, LPC-S, RPT-S, PMH-C

02

COMING SOON! 12 week "Adult Children of Emotionally Immature Parents" Read Along group. Stay tuned for more updates!

03

The new Suicide & Crisis Line:
9-8-8