

November Newsletter

vol 4



Our therapists are still accepting clients and would love to hear from you. Please view their bios on our website for more information!



John Moreno
LMSW, Supervised
by Norman Harold
Cobb, PHD, LMSW



Nancy Townsend
LPC-A, Supervised
by Lacey Fisher,
LPC-S, RPT-S,
PMH-C



Kylie Fyfe
LPC-A,
Supervised by
Robin Barr, M.Ed.,
LPC-S



Autumn Lee
Counseling Student at
the University of Texas
Tech, On-Site
Supervision Provided
by
Kimberly Parker, LPC,
LCDC

— Observances —

Diabetes Awareness

Diabetes Awareness Month is a time where people all over the country come together to raise awareness about Diabetes. The National Institute of Diabetes, Digestive and Kidney Disease suggests maintaining your Diabetes by building your care team, keeping you as the center of your care, & starting with small changes to create healthy habits

November

November was founded and adopted with the hope of raising awareness and funds for research on men's health issues. The organization itself has an emphasis on mental health, testicular cancer, and prostate cancer.



National Native American, American Indian, and Alaskan Native Heritage Month

This month is we want to honor and celebrate the diverse history and culture of the Native American, American Indian, and Alaskan Natives. Researching into the specific challenges this group faced then and now and how they are working to resolve these issues.



Therapist Spotlight

JOHN MORENO

LMSW, SUPERVISED BY NORMAN HAROLD COBB, PHD, LCSW

Why did you become a counselor?

"I've worked with clients at all different times throughout their healing and I felt at my best when I was counseling long term. In other areas you help someone but you're only seeing the beginning of that process, the very beginning, but with counseling I get to be there as the change/healing is taking place and I love that."



Something you would tell younger you?

"Be present. You're always going to want to rush to the end of things to "get there" already but what you're going to remember is the journey. When things were tough or didn't go perfect. So be present and take those moments in as much as possible."



Current Read:

Sleep Smarter by Shawn Stevenson

Favorite Music:

"I don't have a favorite but I do go through waves of listening to one more than the other and currently I'm listening to a lot of folk/mountain music. Tyler Childers right now."

What it's like working with John (from our owner):

John has been great to work with so far. He cares a great deal about his clients and his work with them reflects that. He carefully creates strong treatment plans for his client's and offers amazing service to each client that he comes in to contact with. One another note, he has good taste in Netflix shows (I might be biased) and is a fun team member! We are grateful to have John on the team!

Client's you are really passionate about meeting with:

"Clients looking to make changes in their lives. Clients feeling stagnant or like something needs to take place because where they're at is no longer working for them. That can be a scary place to be for some people and I like to walk with them on that journey to help reassure them that they can do it."