

DECEMBER

NEWSLETTER

Revive to Thrive Wellness Center wishes you a happy

- Hanukkah begins at sunset - December 18
- Christmas - December 25
- Kwanzaa begins - December 26
- New Year's Eve - December 31

Other observable days this month are

- December 1 – World AIDS Day
- December 3 – International Day for People with Disabilities
- December 5 – International Volunteer Day
- December 9 – Genocide Prevention Day
- December 10 – International Human Rights Day

The holidays are celebrated and cherished among most people however there can stress and feelings of being overwhelmed. Our owner and therapist is facilitating a workshop titled "***From Surviving to Thriving: Regaining Your Power By Addressing Unhelpful Generational Patterns***". If this sounds like something you are interested in check out our social media pages for more information or email Kimberly Parker.

01 *HIV/AIDS Awareness Day*

The CDC recognizes December 1st as World AIDS awareness day. The hope is to raise worldwide awareness and encourage people to get tested.

02 *Universal Human Rights Month*

This month we are encouraged to come together to stand up for the rights of everybody in the world.

Our owner Kimberly Parker can now be found on **TikTok** too!

Follow her account & turn on the post notifications so you don't miss a video

@therapist_ms_parker

WELCOME TO OUR

Therapist Spotlight!

we're so glad you're here!



Autumn Lee, Counseling Student

WHY DID YOU BECOME A COUNSELOR?

I transitioned careers from speech therapy to counseling because I was being pulled in a different direction. Through much soul-searching and wise council, the seed was planted to look into counseling the elderly and their caregivers. This is an area in which I have vast personal and professional experience. As I went through my graduate program this decision to change careers was only edified. I want to be a beacon of hope to those who may feel they have little left to gain from this life. I desire to be a confidant in which caregivers can honestly vocalize their own struggles as they care for their loved ones. I want to be these things because I know the struggle my family went through and how scarce resources can be.

CLIENTS YOU ARE PASSIONATE ABOUT MEETING WITH

I am passionate about working with the elderly population, caregivers, and veterans.

ONE THING YOU WOULD TELL YOUR YOUNGER SELF

If I could tell my younger self only ONE thing...."Your parents were right....about almost all things!"

FAVORITE MUSIC:

I love music of all types. It depends on my mood. I listen to everything from bluegrass, R&B, heavy metal, pop and more. There's so much good stuff out there!



CURRENT READ:

Besides textbooks?! Kidding. I am currently reading (very very leisurely) a book my sister gave me called "The Well Watered Woman" by Gretchen Saffles



ONE FUN FACT (MOST PEOPLE DON'T KNOW ABOUT YOU)

BA fun fact that not many people know about me in my present circle is that I am pretty great dancer! I coached and danced at the collegiate and semi-professional levels. Then taught ballroom dancing for small time as well.