

# February

## MONTHLY NEWSLETTER

*Love is in  
the air.  
What are  
you doing  
for self-  
care?*



### BLACK HISTORY MONTH

Black History Month was created to honor Black people and their accomplishments throughout the history of the U.S. In addition to amplifying Black voices, the goal is also to encourage people to celebrate Black people and their accomplishments all year.

According to National Geographic, the celebration was initially only a week long event set for the second week of February. Almost 50 years later it was officially recognized by a U.S President and extended into a month.

### AMERICAN HEART MONTH

The CDC calls for February to be recognized as the American Heart Month where people "...focus on their cardiovascular health." There is emphasis on maintaining high blood pressure in order to have a healthy heart.

By searching the CDC website you can find what they call a "toolkit" that provides information on resources and tools for people who have or work people who have issues with their blood pressure. There are numerous printable pages, quizzes, and even videos.



*Roses are  
red,  
Violets are  
blue  
We hope  
this is the  
year you  
choose you*

# Black History Month

This year's Black History Month theme is "Black Resistance". With this page we will highlight a few activists who have worked to help fight historic as well as ongoing oppression in the U.S.



KIMBERLÈ CRENSHAW

*Crenshaw is a **professor, author, civil rights activists, and leading scholar on critical race theory.** She coined the term "intersectionality" and her work is referred to as "foundational" for critical race theory.*



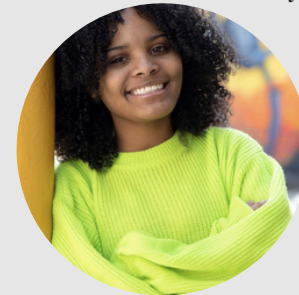
ROBERT BULLARD

Bullard is often referred to as "The Father of Environmental Justice". Known for his work on environmental racism, urban land use, housing, and much more, He is **an author, a public speaker, and a professor** at the Texas Southern University.



TARANA BURKE

Burke is **an activist, an author, and a public speaker.** One of her most notable contributions to her field is founding the #MeToo movement.



MARI COPENY

Copeny is **an activist and philanthropist** with dreams of becoming a future president. As a Flint, Michigan resident who spoke up about her city's water crisis she now travels the nation to help other communities experiencing water crisis.

# Therapist *Spotlight*

## Why did you become a Counselor?

That is such a great question that I could elaborate on for hours; however, my short and sweet response is that I became a counselor because I wanted to help people. I wanted to help take away their burdens. I wanted to give them hope in a sometimes hopeless world... Most importantly, I wanted to encourage people to choose joy over suffering and life over death... These reasons are definitely still my "why".

## What clients are you most passionate about working with?

While I have a very diverse caseload (which has always been the case), I am most passionate about working with people from marginalized populations, who have the desire to break unhealthy generational patterns and want to do a better job of loving themselves.

## Current Read:

As a doc student, I typically don't read for pleasure during the semester, but I am excited for a new book that I just bought as a pre-sale, Drama Free by Nedra Glover Tawwab (one of my favorite therapists).

## Favorite type of music:

That is such a hard question, as I love most genres, but R & B is my favorite.

## Fun Fact (something most people don't know about):

One fun fact about me is that as a teen, I auditioned for American Idol. I did not make it on the show, but I had a fun time trying.

## Something you would tell younger you:

Life gets better. Hard days will come and go. Choose yourself.



**Kimberly Parker, LPC,  
LCDC, EMDR Trained**

## WORKING WITH KIMBERLY

"Working with Kimberly is a dream... I have never met anyone who is more compassionate, dedicated, and selfless! Forever grateful our paths crossed at UNT as friends and now as colleagues through her private practice. Lucky to work for such a beautiful soul."

- Kylie Fyfe, LPC

"Working with and learning from Kimberly is a breath of fresh air. She takes her role seriously and invests in the well-being her clients and employees in a genuine way that is unmatched.

She leads with integrity, humility, and implements mutual respect"

-Autumn Lee, Counseling Student