



The F.L. Wolters Group Fall Newsletter

September 2022

We're writing with three exciting updates: 1) This Fall we're starting a meditation group for therapy clients, 2) We've just hired three new therapists, and 3) We've got a new blog post up for National Suicide Prevention Week that just might help you help save a loved one's life. See below for details.

Mindfulness & Meditation Group: Thursdays at 7 p.m. starting October 6th

Have you ever heard that “mindfulness” and meditation can be beneficial for your mental health? It’s true! Interested in giving it a try? This Fall our Patient Care Coordinator and Registered Yoga Teacher Caitrin will lead an online, 8-week Mindfulness & Meditation group for therapy clients, with the final session in person. The group will practice a range of techniques - from mindful eating to restorative yoga - that will be accessible to beginners. While it won’t be group therapy, you’ll learn simple exercises to find greater ease during times of stress, all while connecting with others. Seven (7) sessions will take place from 7-8:15 p.m., on consecutive Thursdays, starting October 6th, with the 8th meeting to take place in person. Cost: \$140 (less than \$20 a session!). [For more info, see our website.](#) and to register, email Caitrin at caitrin@flwoltersgroup.com.

Welcoming Three New Therapists to the Practice!

Three new therapists have recently joined the practice: Lucas Monaco, Jenny Nachbar and Roxana Raica. Lucas recently moved back to DC after living in California for a few years. Welcome to the “right” coast, Lucas! (Just kidding.) Jenny, who is also a teacher, hails from

nearby Chevy Chase, DC. And like our founder, Lottena Wolters, Roxana grew up outside the United States. Born in Romania, Roxana has lived in the U.S. for over two decades.

With these hires, Lottena’s dream for the practice is now closer to a reality. Her vision has always been to create a “team” of “healers and helpers, students and interns, and community members, including peer counselors and support groups.” The practice will become “a therapeutic home,” Lottena says. “[Because] so many of my clients feel alone...the idea of community is really important in building faith, self esteem and a sense of belonging.”

To learn more about the three lovely humans who just joined us, [see the staff page of our website!](#)

September is National Suicide Prevention & Awareness Month

You Can Play a Powerful Role in Saving a Life

Look for signs. 📺 Act immediately. 📺 Say something.

Suicide is preventable.

Suicide is not the answer.

There is hope.

You are not alone.



Need help?

Call or Text the Suicide and Crisis Lifeline: 988, or Chat at [988lifeline.org](https://www.988lifeline.org)

Trained counselors available 24/7/365 for mental health, substance use and suicide crises

Would you know what to do if a friend had suicidal thoughts? To learn more, [read our latest blog post](#), written by therapist Roxana Raica.

That’s all from us for now. Thanks for reading!

Sincerely,

The F.L. Wolters Group Team
