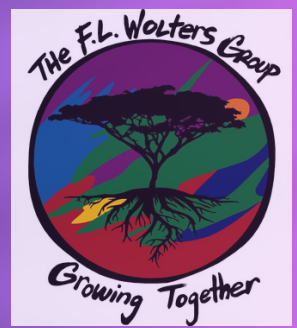


NEWSLETTER

FALL 2023



MEET OUR NEW HIRES



We are happy to introduce our new Office Assistant, Jawana Gault! Jawana (pictured left) started her role in early August and she has a wealth of experience in office management. Prior to joining the F.L. Wolters Group, Jawana served as a Certified Recovery Coach and Forensics Peer, and she worked at the D.C. Department of Behavioral Health as a Certified Peer Specialist. Jawana will be supporting the business in client care coordination and back office tasks, ensuring that clients are supported through the intake and billing processes.

Our new therapist, Francisca Faundez Rojas (pictured right), is a Licensed Graduate Professional Counselor who offers services in both English and Spanish. She enjoys helping young people ages 11 and above who are struggling with anxiety, depression, relationship issues and racialized traumatic stress, as well as other mental health challenges. Francisca uses a person-centered, strengths-based, and trauma-informed approach, drawing on cognitive-behavioral, narrative, expressive, and mindfulness-based techniques. To schedule an appointment with her, please call (202) 978-1413 or email jawana@flwoltersgroup.com.



We are happy to announce that we've opened up our practice to interns!

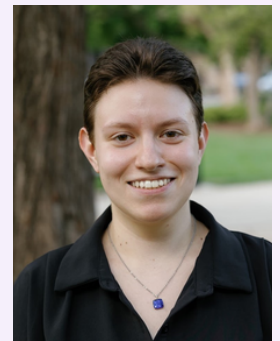
Our interns will shadow therapy sessions, see their own clients and conduct case management services, while also supporting various administrative and communications projects.



Stacy Courtney (pictured left) is pursuing an M.A. in Clinical Mental Health Counseling and uses a various therapeutic approaches to help clients assess their needs and make time for self-care.

Her passion lies in working with adults who are experiencing anxiety, depression, stress, and other mental health concerns.

Alex Smith (pictured right) is pursuing an M.A. in Forensic Psychology and is excited to work with clients of all ages and backgrounds who are experiencing mental health challenges. Alex focuses on a person-centered and strengths-based integrative approach, and also offers more expressive techniques such as drama and movement therapy.



NEWSLETTER

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BALANCEDCARE: TAILORED WELLNESS COORDINATION

The F.L. Wolters Group is offering a new program, "BalancedCare," for \$35 per appointment. BalancedCare includes various services offering further assistance to clients working to address mental health concerns and pursue opportunities. Our team can help with: identifying and coping with stressors, forming and implementing life goals, discovering and building individual strengths, and finding and utilizing outside support services. Consultations will be overseen by our graduate interns, Stacy and Alex, who are both training to become licensed professional counselors. If you would like to schedule an appointment, please speak to your therapist for a referral or contact office@flwoltersgroup.com

NEW AFFORDABLE THERAPY SERVICES (\$35 PER SESSION)

We now have a \$35 therapy option! Therapy sessions of up to 45 to 60 minutes will be provided by Master's level students completing their clinical Practicum and Internship under the supervision of Lottena Wolters, LPC, founder of The F.L. Wolters Group. This affordable service could be a great option for folks whose insurance has a high deductible or copay, or those with insurance plans we do not participate in (we are in-network for CareFirst, Blue Cross Blue Shield, and Cigna). To schedule a low-cost therapy session or ask questions about this option, please contact our Office Assistant, Jawana Gault, at (202) 978-1413 or jawana@flwoltersgroup.com.

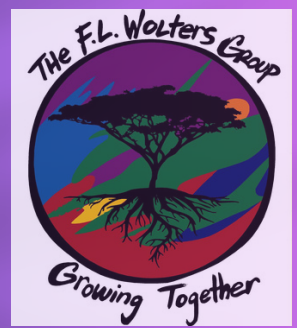
SECOND MINDFULNESS AND MEDITATION GROUP: KICKS OFF TUESDAY, OCTOBER 10TH

Join our Mindfulness and Meditation group to rediscover inner calm amidst life's demands. Led by our Office Supervisor and Registered Yoga Teacher, Caitrin McKee (pictured right), this 8-week program combines online sessions with one final, in-person gathering, to explore practices like breath awareness and restorative yoga. Built with beginners in mind, you'll acquire practical tools to help you release tension in the body and cultivate greater presence in each moment. While not a therapy group, you'll build connections with fellow participants along the way and discover ways to accept and let go of your thoughts and emotions. Sessions begin October 10th, every Tuesday from 7:00 to 8:15 p.m. via Google Meet, and the program fee is \$240. To enroll, email Caitrin at caitrin@flwoltersgroup.com. We'd love to have you as part of this community.



NEWSLETTER

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NEW WEBSITE!

WITH PHOTOS BY "BEST OF D.C." PHOTOGRAPHER MAGGIE MORRIS

We're thrilled to introduce you to our revamped website at www.flwaltersgroup.com! Thanks to the talented folks at [Myada Communications](#), our new site is now live and looking better than ever. It's easier to navigate, showcases high-quality photos of our entire team, including our therapists, interns, and dedicated admin staff (a big shout out to the fantastic photographer [Maggie Morris](#), named by Washington City Paper as the 2023 winner for "Best Photography Services"). Our new website showcases the company's recent growth, including its new services, and better reflects the full diversity of our clients. Explore the fresh design and get to know our team better today!

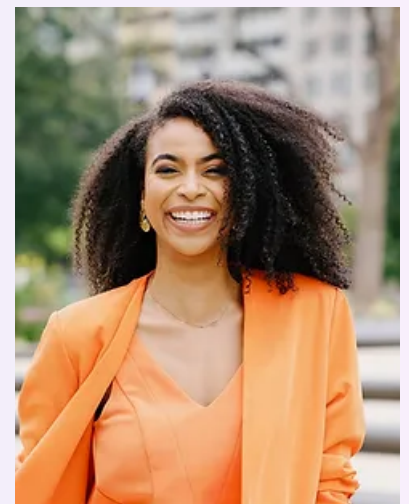


FINAL WELLDERNESS WORKSHOP ON OCTOBER 14TH

What does "WELlderness" mean? It means greater balance and peace, improved health, and time for movement and rest. In our workshops, it means relieving stress by exploring and releasing your emotions through creative, outdoor activities. It means working together to get you back on track to wellness!

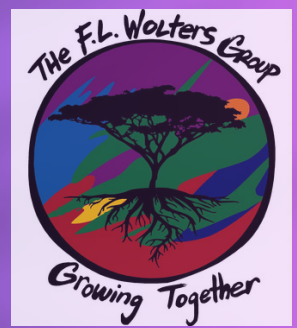
Our final WELlderness workshop for the season is "Releasing Grief and Honoring Loss," and will take place on October 14th, 2023 from 1:30 - 3:00PM at Kenilworth Aquatic Gardens.

It will be led by Brittany Silver, LGPC (pictured right). In this workshop, she will create an environment where participants can collectively support one another's grieving journey and use nature, by planting seeds for healing. Sign up at [the Eventbrite link](#) or scan the QR code!



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PAST WELLDERNESS WORKSHOPS

We have already led five (5) WELlderness workshops this season.

Lottena Wolters (pictured right) conducted two "Connecting to Our Emotions" workshops that provided space for participants to explore their emotions through dancing and storytelling. One participant said that "Lottena created an atmosphere that made a group of strangers feel safe sharing and growing," and another stated "it is such a freeing workshop. It really helps you connect to your feelings and be ok with them."



Jenny Nachbar's workshop (pictured left), entitled "Using Mandalas to Practice Gratitude and Mindfulness," allowed participants to create mandalas as a way to connect to their appreciation and mindfulness of the experience of creativity. Individuals who attended this workshop commented that they "really felt some peace during this session" and overall saw it as a "calming and restorative" experience.

The fourth workshop, led by Roxana Raica (pictured right), was "Learning to Reduce Stress to Promote Wellbeing." Participants in this workshop expanded their self-awareness about their own stress, increased their understanding of its impact and learned about more effective ways to manage it. Those who offered feedback for the session said that it "helped relax [them]" and recommended it for people who could use the tools to "feel more peaceful."



The fifth workshop, "Introduction to Mindfulness and Meditation," was led by Caitrin McKee, RYT (pictured left). This workshop covered a range of techniques - from present moment awareness to a body scan, and mindful eating to mindful walking. One participant said afterwards that "the mindfulness exercises Caitrin led us through helped me to show my body a lot of compassion. She was a great facilitator whose presence was calming, skillful, and grounding. I'd definitely take this workshop or groups like this again."