



E-Newsletter by Nourish Wellness Center

MISSION & VISION STATEMENT

TO PROVIDE HIGH QUALITY WHOLE-PERSON COMPASSIONATE CARE BY INSPIRING AND EMPOWERING INDIVIDUALS TO PARTICIPATE IN THEIR RECOVERY AND HEALING.

TO BE AN ALL-ENCOMPASSING WELLNESS TREATMENT CENTER FOR MENTAL, EMOTIONAL, PHYSICAL AND SPIRITUAL HEALING USING BOTH TRADITIONAL AND INTEGRATIVE METHODS.

IN EVERY ISSUE

What's New

Topic of the Month


Monthly Events

Monthly Blogs

Monthly Self-Care Tips

Blue Couch Sessions





What's new?

**Nourish Wellness Center
offers both in Office and
Telehealth Sessions**

**Visit our Website to
Schedule a FREE
10-minute Introduction Call**

<https://nourishwellnesscenter.com/>

**Are you looking to build and grow your
practice without all the high-cost fees and
lease commitments? We are offering space
within our practice with everything you need!
This is a great partnership opportunity for pre-
licensed professionals as well as registered
clinical interns.**

Contact us at:

connectmycare@nourishwellnesscenter.com

**To schedule a discovery call to learn more
about this amazing opportunity.**



Clinical Supervision available for registered clinical social workers.

Contact us to schedule a discovery call:
connectmycare@nourishwellnesscenter.com

Looking Ahead, Looking Forward

Life is a journey marked by a series of transitions, each requiring us to leave behind parts of the past and embrace what lies ahead. While the past serves as a valuable teacher, clinging to it can become a burden that hinders growth and progress. To truly thrive, we must honor our history without being tethered to it, allowing us to focus on the infinite possibilities of the future.

Looking forward requires hope, vision, and adaptability. It is about setting goals, cultivating resilience, and believing in our ability to grow. When we embrace the future, we grant ourselves permission to dream anew and reimagine what is possible. It is an opportunity to redefine our purpose and pursue endeavors that align with our evolving aspirations.

However, while change is difficult, it is also essential for growth. Life's greatest opportunities often come from stepping outside our comfort zones. Each challenge teaches resilience and adaptability, while every new experience broadens our horizons. Though the journey may be uncomfortable, the rewards—whether in personal fulfillment, relationships, or success—make the effort worthwhile.

The future may be uncertain, but it is also filled with promise—a blank canvas waiting for the colors of our dreams and actions. Choosing to look forward is choosing to grow, to hope, and to embrace the infinite potential of what lies ahead.



EVENTS

Trauma Informed Yoga

**Wednesdy,
Jan 15 @6pm**

Creative Mindscapes Vision Board

**Saturday
Jan 18 @10am**

Women's Empowerment Circle

**Wednesday,
Jan 29 @6pm**

Trauma Informed Yoga

**Saturday,
Jan 25 @10am**

Trauma Informed Yoga

**Wednesday,
Feb 26 @6pm**

Creative Mindscapes Vision Board

**Saturday,
Feb 15 @10am**

Women's Empowerment Circle

**Wednesday,
Feb 19 @6pm**

Trauma Informed Yoga

**Saturday,
Feb 8 @10am**

**Visit our website to register for all current and
Upcoming Events!**

<https://nourishwellnesscenter.com/events/>



BLOG

Check out our latest blogs at:

<https://nourishwellnesscenter.com/blogs-articles/>

Self care **Brain.Body.Being**

Your Brain is the creator of your story.

Mindset, Internal Biases, Belief Systems

Your Body keeps the score of your story.

Nutrition, Movement, Sleep

Your Spirit connects your soul to others

Identity, Higher Power, Humanity

**MAKE YOURSELF A PRIORITY AND START
INCORPORATING MEANINGFUL SELF CARE**

Blue Couch Sessions

A MESSAGE FROM OUR FOUNDER

Hello and Welcome,

I hope this letter finds you held and restored. As the year draws to a close, it offers a natural pause for reflection and renewal. The end of a year is an opportunity to honor the moments that shaped us—both the triumphs and the challenges—while preparing to embrace the fresh possibilities of a new beginning. It is a time to let go of what no longer serves us and step forward with hope and intention.

Each year carries its share of lessons. The successes remind us of our capabilities, while the setbacks teach resilience and adaptability. However, clinging too tightly to the past year's events—whether joyful or painful—can prevent us from fully welcoming the opportunities of the new year. Closing out the year involves more than celebration or lamentation; it is about acknowledging growth and choosing to move forward with clarity and purpose.

Starting a new year invites us to reimagine our goals and set intentions that align with our evolving aspirations. It is a time of renewal when the blank pages of a fresh calendar remind us that the future is ours to shape. The uncertainty of what lies ahead can be daunting, but it is also brimming with potential—a chance to dream bigger, try again, and embrace change with open arms.

As we transition from one year to the next, we are reminded that life is a dynamic, ever-evolving journey. Closing the chapter of the current year doesn't mean forgetting; it means carrying forward its wisdom while making space for growth. With each new year comes an invitation to live more intentionally, to let hope guide us, and to believe in the promise of new beginnings. The act of moving forward allows us to celebrate the past while confidently stepping into the future.

Thank you for being a valued member of our community. We are here to support you on your journey toward better mental, emotional, and spiritual health, and we look forward to continuing to grow and thrive together. Wishing you peace and resilience

With heartfelt gratitude,
Dora Cario, LCSW, QS





The Dragonfly E-Newsletter aims to educate and inspire you by providing a diverse range of perspectives that resonate with each one of you. Each month you will find articles, tips, and features dedicated to fostering a deeper understanding of mental, emotional, physical, and spiritual health.

START YOUR HEALING JOURNEY TODAY!

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