



HEALTHY SYNERGY
psychological services

NEWSLETTER

Quarter 4 2017 | Issue 1

From the Directors

Hello and welcome to the first edition of our quarterly newsletter! For those of you who are new to Healthy Synergy, we welcome you and look forward to meeting you. Welcome back to those who are current clients.

Our practice provides mental health services including psychotherapy and psychological testing to Montgomery, Frederick, and surrounding communities. Our focus is on providing high quality, research informed services, which integrates the most effective psychotherapy techniques available while promoting health and wellness.

Looking ahead to the new year, our practice is offering several seminars and workshops on topics including healthy sleep, couples and communication, and supporting parents of transgender children. Please see a complete list of groups in this newsletter. Feel free to call our office at (301) 569 - 6326 for more information on these offerings.

Best wishes for a joyful holiday season!

FEATURED TOPIC- Group Seminars/Workshops Coming in 2018!

Starting January 2018, we will be hosting group workshops here at Healthy Synergy! Thanks to everyone for their participation in the surveys as it helped us determine which groups to implement for next quarter.

The benefits of group workshops are endless as they provide a different approach that allows participants to not only learn from group facilitators, but learn from their peers and their experiences. Group workshops can help a participant feel less alone in whatever challenges he or she might be trying to overcome, and can provide a great support system.

We encourage all to try group workshops if interested. There is a fee for these services and an initial screening from the group facilitators. Please look at our group workshop schedule listed below!

1/16/2018 - Couples Communication Group- Facilitated by Dr. Glaude and Dr. Parra. Tuesdays from 6:00pm - 7:30pm. \$300 per couple for 3 total sessions. Further information provided by Dr. Glaude in "Couples Corner."

1/18/2018 - Navigating Anxiety for Peak Performance: Youth Workshop - Facilitated by Terra Tuono-Shell and Michele Arora. Thursdays from 6:00pm - 7:30pm. \$225 per individual for 3 sessions. Participants will explore and reduce internal and external threats to peak performance. Participants will also gain awareness of personal anxiety triggers and develop skills in resiliency and self-care. Youth that are interested in improving academic performance, athletic or artistic abilities, or interpersonal relationships are encouraged to join. Ages 15-19. Only 10 slots available. Additional pre-screening will be required.

2/5/2018 at 6:00pm - Parents of Transgender Children Workshop - Facilitated by Dr. Thomas and Eric Teeters. These classes will be on Mondays from 6:00pm - 7:30pm, at a cost of \$50/class. Topics that will be covered, include: education, coping, anxiety, stress reduction, acceptance and commitment, response styles, and additional resources. Only eight slots available. Additional pre-screening will be required.

(additional groups on the reverse side)

COUPLES CORNER by Dr. Glaude

Communication is one of the most valuable skills in all relationships.

Learning to communicate assertively, set appropriate boundaries, and strengthen connections will improve how you experience others. Together we will cover the fundamentals of healthy and respectful communication, how to express needs and manage conflict with others.

Our communication class will extend over the course of 3 sessions starting January 18th at 6:00pm. The class will be facilitated by Dr. Shani Glaude and Dr.

Tara Parra. The communication course package fee will be a total of \$300 per couple for 3 total sessions.

There will be an additional pre-screening required to begin the group.

2/7/2018 at 5:30pm - Women's Group - Facilitated by Dr. Thomas and Markita West. Women may experience various challenges, some of which include biological, emotional, relational, and environmental obstacles that can have an impact on their general well-being. Healthy Synergy offers a 10-week workshop focused on women's issues, and empowerment. Group topics may include balancing multiple roles, stress management, relational concerns, and life skills. The group will meet once a week on Wednesdays starting February 7, 2018, from 5:30 PM – 7 PM and is \$50/session. Only eight slots available. Additional pre-screening will be required.

2/22/17- 6:00pm-8:00pm - Healthy Sleep Workshop (Adults) - \$200 (includes healthy sleep kit). More information to follow.

New Parents Group "Embrace the Messy" - 8 sessions, \$50 a person (DATE TBD). Having a baby is a life-changing experience that can seem overwhelming at times. Even if you have older children, you may find that you have questions or concerns about parenting or need a place where you can talk with other parents who are having similar experiences. This support group is for expectant and postpartum moms and dads to share thoughts and feelings, receive support, explore challenges and connect to providers who will promote prenatal well-being.

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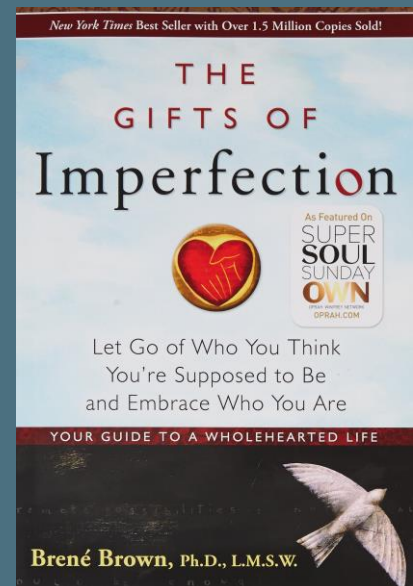
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BOOK RECOMMENDATIONS



The Gifts of Imperfection: Let Go of Who You Think You're Supposed to Be and Embrace Who You Are
Paperback by: Brené Brown

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