

Winter|2023

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**MOVING FORWARD, PLC**

Michele T. Cole, Ph.D., LCSW

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Dear Moving Forward Community,

I hope this finds each of you well! **Please remember the office is closed beginning 12/26 and reopening in the New Year on 01/02/2023.**

With the Holidays and New Year upon us there is new opportunity for growth in all of us; mentally, emotionally and physically. With this, the Moving Forward team hopes to continue to empower you and your families through 2023 with intention. Take time over the holiday's to embrace your down time..and clear space in your mind for your intentions this coming year. Each of us are agents of change; and we can support you to accomplish change that is lasting in your life. Let's do it! Set goals and accomplish them this coming New Year...ready..set.. go!

Did you know we have group sessions? Currently there are groups for elementary boys, elementary girls, middle school girls and a high school girls' group that will begin in January. If you or someone you know would like more information, please visit our website at <https://movingforwardplc.com/group-therapy/> or email our office manager Francis Parra at [fparra@movingforwardplc.com](mailto:fparra@movingforwardplc.com).

As always, the team at Moving Forward remains here to provide support and assistance. We continue to offer both in-person and virtual session options for new and current clients.

Sincerely,

Michele Cole, PhD, LCSW

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## Interested in a Group?

Groups will begin in  
January for...

If you are interesting in  
signing up...

- Elementary boys
- Elementary girls
- Middle school girls
- High school girls

- Visit our website [here!](#)
- Email our office manager Francis Parra with this [email](#)

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## Staying Calm in the Flurry of Winter!

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### Family Fun!

If you are interested in having some fun as a family, here is a [link](#) for the top 20 board games this winter! Consider playing cards or a new board game over the holidays to have some fun without screen time!



### Get Cozy with a Book by the Fire!

[This](#) is a great inclusive resource for popular children's holiday books!! Consider teaching your kid about a new holiday or finding a great new book about the holiday your family celebrates!

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### Finding Ways to Help Your Teen Navigate the Holidays!

Here is a helpful [link](#) to help your teen navigate different ways the holiday can be stressful! This can help with balancing family time, holiday



activities, and relaxing during the holiday season!!



## Creative Crafts!

Use this [Pinterest link](#) to find some kid friendly crafts to liven up the New Year! Ring in 2023 together with some quality time and cute crafts!!

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