

Fall | 2023

MOVING FORWARD, PLC

Michele T. Cole, Ph.D., LCSW

Dear Moving Forward Community,

I hope you are all doing well!

Where did the summer go? Now, that school has commenced and with this in mind; anxiety can become more prominent this time of year. Let's try to pay special attention to notice some symptoms that point toward increased anxiety:

- Trouble sleeping
- Complaining about stomach aches or other physical problems
- Avoiding certain situations
- Being clingy around parents or caregivers
- Trouble concentrating in class or being very fidgety
- Tantrums
- Being very self-conscious

According to the Centers of Disease Control and Prevention, these are symptoms often associated with anxiety. Before the pandemic, 9.4% of children aged 3-17 years (approximately 5.8 million) had diagnosed anxiety in 2016-2019. That rate has since increased as high as 19% now. See link: [click here](#).

With our knowledgeable team here at Moving Forward PLC, we are prepared and committed to providing the care your loved one needs. We have been hard at work, and have also launched some new groups this fall, please check them out, below.

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. Take good care.

Sincerely,
Michele Cole, Ph.D., LCSW



School is Back in Session!

A new school year means new opportunities!
Moving Forward is happy to wish everyone a safe and exciting return to school and offer support and well-wishes in this new academic year!

Groups at Moving Forward!



Group Therapy

GROUPS WE OFFER!

- ✓ Coed 4/5 Year Olds
- ✓ Coed 6/7 Year Olds
- ✓ Coed 8/9 Year Olds
- ✓ Boys 10/11 Year Olds
- ✓ Coed 10-12 Year Olds
- ✓ High School Girls

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CONTACT US FOR MORE INFO
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Be on the look out for our Middle School Boys Group that is now forming!

<https://movingforwardplc.com/>



Self-Care is Important!

Don't Forget to Take Time for You!

Eat, Drink, & Sleep Well

Take a break

Try walking/biking/reading...

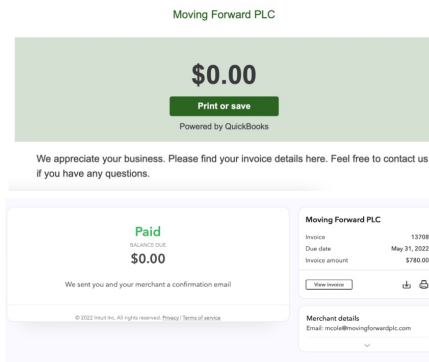
Do something just for **YOU!**

Trouble Accessing Your Invoice?

Check out the document link below to show you how to access your invoice, now that we are paperless!

Here are the steps that are also in the [document](#):

- From the original email... Click on the green box that says, "Print or Save" and it will take you to an external page on QuickBooks...
- Click on the white box on the right side of the screen that says, "View Invoice." That will take you to your invoice to be paid.



This Way to the Pumpkin Patch!



Carve a Pumkin

Grab a pumpkin, find a cool design, and grab your tools!

Challenge your friends and family to a pumpkin carving competition!



Fall Festivals

Top festivals to visit this year

Click [HERE](#) to see all the wonderful fall festivals near VA this Fall!



Go on a Hike

Find time to go on a peaceful nature hike!

Take a break from the busyness of your day-to-day and enjoy the soothing effects of being outside!

"Nature does not hurry, yet everything is accomplished." — Lao Tzu

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