

Winter|2024

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## MOVING FORWARD, PLC

Michele T. Cole, Ph.D., LCSW

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Dear Moving Forward Community,

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 2024 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 & girls, middle school boys and a high school boys group and a high school girls' group that are now running. If you or someone you know would like more information, please visit our website at <https://movingforwardplc.com/group-therapy/> or email our group coordinator Ali Meyer, LCSW at: [ameyer@movingforwardplc.com](mailto:ameyer@movingforwardplc.com).

As always, the team at Moving Forward is here to provide support and assistance to you and your family. We continue to offer both in-person and virtual session options for new and current clients. Happy Holidays!!

Sincerely,

Michele Cole, PhD, LCSW

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## New Group Schedule

### Groups currently in session...

- \* Two Young Children's groups: Monday's @3:30p for 6/7 yo & @4:30p for 4-5 yo
- \* Two Elementary Coed Groups: Wed @5:30p for 8-9 yo & Thurs @5p for 8-10yo
- \* A Middle School Boys group: Thursday's @5p for 12-14 yo
- \* A High School Girls group: Wednesday's @5:30p for 14-18 yo
- \* A High School Boys group: Wednesday's @7:30-8:30 for 14-18yo (Starting 1/3)

If you are interested in signing up...

\*\*\*Visit our website [here!](#)

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## Welcome our New Therapist

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### Nicole Weiderholt, MA, LRC

Nicole is a Resident in Counseling in the Commonwealth of Virginia, and has extensive experience working with families, adolescents, and young men. Nicole graduated from East Tennessee State University with her Bachelor's Degree, and earned her Master's at Marymount University. She has worked in settings ranging from hospitals to outpatient, and has experience in individual therapy, group therapy, and family therapy.

Nicole uses a person-centered approach and enjoys working with patients on self-efficacy and self-worth. Nicole believes it is important to look at each person as a whole, which includes their family, environment, systems, and relationships. Nicole has experience using Motivational Interviewing, DBT, CBT, Solution-Focused Therapy, and working with families with substance use disorders using the Invitation to Change approach.

In her free time, she's often found walking her dog, reading, or learning to paint. She looks forward to meeting you where you're at and exploring your potential.

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## Staying Calm in the Flurry of Winter!

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### A Guide to More Joyful Holiday Gathering!

Family get-togethers quickly combust when relatives don't understand or aren't interested in learning about ADHD. Here's what to include in an email you send before the next gathering, plus [how to respond in the moment](#) »



## Get Cozy with a Book by the Fire!

### [8 Books Reluctant Readers Will Love](#)

Does "reading for pleasure" sound like an oxymoron to your child? The books on this list will appeal to the most unwilling readers, even [students with dyslexia](#).

## How To Keep Organized on School Mornings

Most parents agree: Weekday mornings are the worst! How do you get kids with attention deficit dressed, fed, organized, and out – without compounding the chaos? | [See article here »](#)



## Holiday Crafts!

Use this [link](#) to find sensory friendly kid crafts to liven up the New Year! Ring in 2024 together with some quality time and cute crafts!!



**FREE WEBINAR ON DECEMBER 5**

### [A Distinct Kind of Inattention](#)

Up to 40% of children with ADHD also experience symptoms of CDS (cognitive disengagement syndrome). [Register »](#)

[movingforwardplc.com](http://movingforwardplc.com) | (571) 483-0306

Moving Forward, PLC | 117 S. St. Asaph Street, Alexandria, VA 22314

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