






SEASON OF PEACE

She Rises

A Message From Your Therapist



As we close out the year, I want to express my heartfelt gratitude to every woman who has trusted me with her journey. Your strength, vulnerability, and commitment to growth inspire me every day. You remind me why I remain dedicated to my craft and committed to being a lifelong student of my own work—so I can continue showing up as my best self in every session.



To honor that commitment, I will be taking extended time off from December 22, 2025 through February 2, 2026. This time will allow me to rest, reflect, create, and return grounded and fully present. I look forward to reconnecting with you when I return.

As you move into the new year, remember this:

You've overcome more than you give yourself credit for.
Progress is not linear, but your dedication is powerful.
Continue taking steps forward—journal, reflect, record voice notes, practice gratitude, and honor your evolution.

Wishing you a joyful holiday season filled with love, laughter, peace, and cherished moments. May this season bring happiness and warmth to you and your family.

With care,
Dr. Sade Reid

