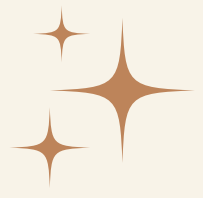




JOURNEY
COUNSELING & WELLNESS



Newsletter

April 2025 Edition



NEW COLLECTION

Journey Counseling and Wellness is excited to announce the launch of our inaugural newsletter! Each month, we'll share valuable insights on the importance of mental wellness, along with practical tips for healing, connection, and overall well-being. We look forward to continuing this journey with you.

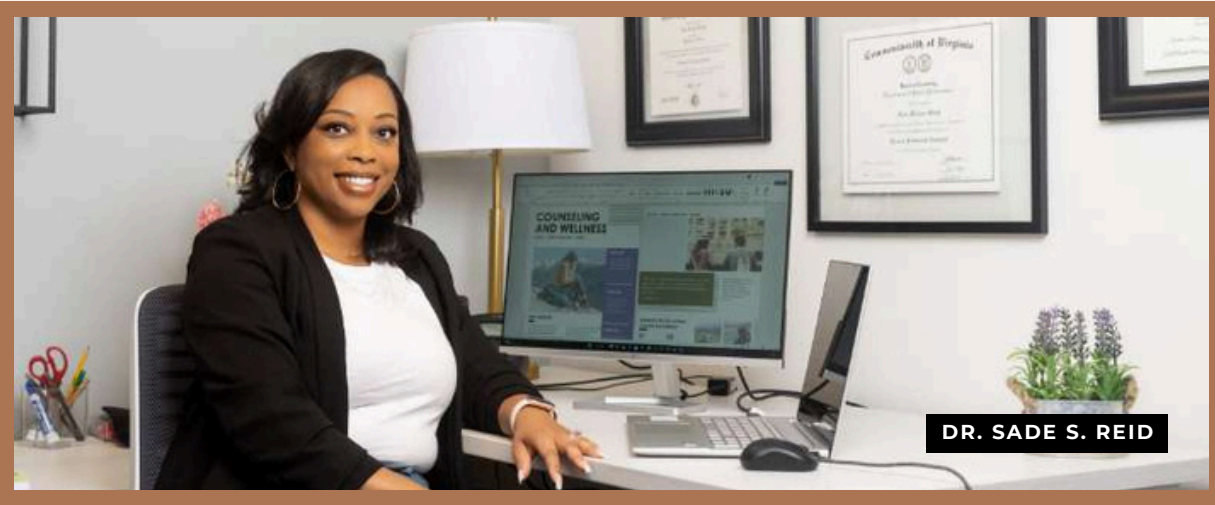
<https://journeycw.com>

ABOUT OUR BRAND

At Journey Counseling and Wellness, we provide a supportive space for women to process painful life experiences, navigate stress, and strengthen their relationships. Using various approaches, we help teen girls and women cultivate self-awareness, build confidence, and create a life centered on wellness.



Monthly Newsletter



“My speciality is in supporting individuals as they heal, reconnect with themselves, and embark on a journey toward wellness.”

Connection TIP

Cultivating our mental wellness can be like shedding a heavy backpack on the winding path of life. It arms us with the essentials to calm our spirits when storms roll in, helps us steer through the ups and downs of loss, change, and the unknown, fosters deep connections with those around us, and opens the door to the delight of discovery.

The silver lining is that we all possess the magic key to boost our mental wellness and sidestep future hurdles. So, let's embark on this exhilarating journey of self-care together, supporting and inspiring one another along the way!

Dr. Sade Reid

Practice "5-Minute Mindfulness" every day. Take just five minutes to sit quietly, close your eyes, and focus on your breath. It might sound small, but these short moments of mindfulness can help reduce stress, improve your mood, and give you a little mental reset.

We want to remind you that at Journey, we believe you were never meant to do it all alone. Our space is one of supportive healing, connection, and empowerment exclusively for teen girls and women. Here, you can explore your experiences, rediscover yourself, and step confidently into your wellness journey.

In Upcoming newsletters you can expect:

Journey CW Practice Updates

Important News and Information

Stories of Impact

Women Empowerment Seminars

Self-Care Tips

Resources
