



Monthly NEWSLETTER

• BE THANKFUL •
BE
Grateful
&
• BE BLESSED •

The Season of Gratitude

November invites us to slow down, reflect, and give thanks for not just what we have, but for who we are and how far we've come.

At Journey Counseling & Wellness, we're reminded daily of the strength, resilience, and compassion that women bring to their healing journeys. This month, we celebrate you – your growth, your vulnerability, and your courage to keep showing up.

“Gratitude turns what we have into enough.” – Melody Beattie

Give thanks for the women who came before you, the women beside you, and the woman within you.

Empowering Women. Healing Together

Dr. Sade Reid



JOURNEY
COUNSELING & WELLNESS



The Power of Gratitude & Healing

Gratitude isn't just about saying "thank you." It's a grounding practice that can shift our mindset and nurture emotional balance. Research shows that gratitude:

- Reduces stress and symptoms of depression
- Increases self-esteem and connection
- Encourages presence and mindfulness

Try This!

- Each evening, write down three things (big or small) that you're grateful for. Over time, notice how your outlook and energy begin to shift.

Happy THANKSGIVING

Reminders

Happy Thanksgiving from Our Hearts to Yours

As we gather around tables filled with warmth and gratitude, we want to say thank you for being part of our community.

Your openness, trust, and commitment to self-growth inspire us every day. May this Thanksgiving bring peace to your heart, love to your home, and a reminder that you are enough!

With heartfelt appreciation,



Upcoming Events

- Thanksgiving Office Closure:
Nov 24-Nov 30
 - Winter Break Office Closure:
Dec 22-Jan 31
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