

# *The* ***GROVE***



**JANUARY-MARCH 2025**  
**QUARTERLY**  
**NEWSLETTER**

## UPCOMING EVENTS & NEWS



- Booth/Visits to Local Pride Day Events
- Visits to the local libraries near GWC



We are currently hiring! Reach out to us if you or someone you know may be interested in being an Outpatient/Group Therapist!

## WELCOME OUR NEW OUTPATIENT THERAPIST: MICHELLE SMITH



Michelle is one of our new additions to our staff and we are so excited to have her join as an Outpatient Therapist! Michelle is a Certified Social Worker and will be offering telehealth and in-person therapy appointments. She enjoys eating out at the Cheesecake Factory, baking at home, going to concerts, and all things University of Kentucky sports! We are so thankful to have her join our team and excited for her to see clients!



# WHAT HAVE WE BEEN DOING?

## A LOOK BACK THROUGH JANUARY - MARCH



### JANUARY 2025: SNOWY DAYS AND LESLEY CAME BACK

January 2025 brought a LOT of snow to Kentucky that many had to navigate. All of us at Groundwork Counseling had some difficulties with the snow, but we were able to welcome back our intern Lesley for her last semester!

### FEBRUARY 2025: TWO NEW GROUP THERAPIES STARTED

February 2025 our in-person group for adolescent, Life as It Grows, started and we announced the start of a virtual group for adolescent girls, EmpowHER! We have loved being able to provide in-person and virtual group options for adolescents in our area as well as across the state of Kentucky. Be on the lookout for more group therapy options in the future.

#### Life As It Grows

What is Life As It Grows?

Groundwork Counseling, LLC is creating a safe space for teenagers to socialize, assist with basic needs, discuss/explore mental health stressors, and learn health techniques to manage or decrease symptoms. Life As It Grows will take place on Wednesdays from 4:15-5:15 PM.

#### Outline

Wednesday: Teens will be greeted and will begin group promptly. The group leader, a Licensed Mental Health Professional, and members will begin each group by discussing expectations/rules set forth for the group. The last portion will be 'free-time', to allow each group member to get a snack, water, and engage in arts/crafts or game-play. Free-time is based on engagement and participation in group activity prior. Snacks

#### EmpowHER: Building Healthy Habits Group

The group will focus on building healthy habits, self-confidence, and positive wellbeing specifically for young females.

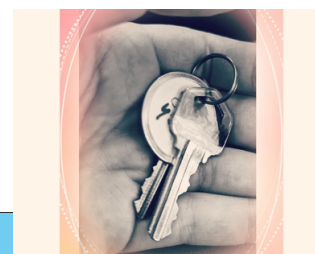
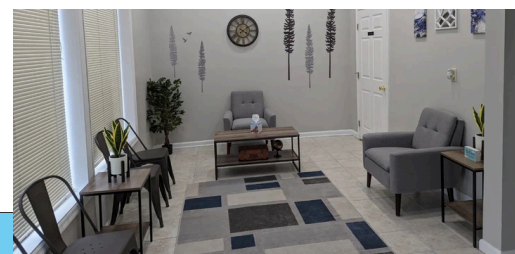
6-week therapy group for girls aged 13-17 living anywhere in Kentucky.

Group will meet virtually on Thursday's from 3:30-4:30.

Commercial and Medicaid Insurance will be accepted.

### MARCH 2025: GWC TURNS THREE YEARS OLD

On March 14th, Groundwork Counseling LLC. turned three years old! We have a wonderful team that continues to grow and look forward to what is to come in the future.



# WAYS TO HELP US IN 2025

We are accepting donations year-round!  
Some of the things we are looking for are:

- Crayons
- Coloring Pencils
- Markers
- Coloring Books
- Glue
- Paint Supplies
- Puzzles
- Board Games

Donations can be dropped off throughout the week, Monday through Thursday, 10-5 and on Fridays from 11-3.

We also have an Amazon Wish List you can order from that is posted to our Facebook page!



## CONTACT US

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## BLOG INFO



Latest Blog Post from  
our GWC Comfy  
Corner:

<https://www.groundworkcounseling.org/post/uncovering-calm-navigating-anxiety-with-5-home-based-cbt-techniques>