



Be Your BEST Self

Sequence Counseling and Consulting Services

Summer 2015 Quarterly Newsletter

SEQUENCE is delighted to celebrate our one year anniversary in our wonderful suite. Our mental health, wellness and career services continue to address the needs of the individuals we serve, in many facets of their lives. The extensive skills of our therapists and coaching staff are reflected in the services we offer. Thank you for trusting us with your care. May your summer be great!



MINDFULNESS MOMENT

Take a moment today to find something of beauty to focus upon. The smile of a friend, a tree, the sky. Breathe gently and regularly and feel the breath in your chest and let your mind and body calm. Gently breathe in the warmth of peace, breathe out your fear and doubt. In the moments of your day when you feel the tension fill you, repeat this. When you regulate your nervous system this way, your thinking is clearer and your emotions less reactive. This leads to better choices and stronger connections to the people in your life. Let every moment count.

SUMMER PROGRAM OFFERINGS:

- **Career Starters Workshops** for new graduates
- **Career Restarters Workshops** for adults returning to the workforce
- **Most For Moms** Webinars for New Mothers
- **Bringing Baby Home** For New and Expectant Couples
- **Women's Therapy Group**
- **Men's Therapy Group**

COMING THIS FALL:

- **Mindfulness + Therapy Group** Coed group
- **Southeast Asian Women's Therapy Group**
- **Parenting Well When You Are Depressed or Anxious: 8 Week Skills Group**
- **Over-Exercisers Group**

Program descriptions, dates, fees and registration information can be found on our website

www.sequenceservices.com



THINGS TO KNOW ABOUT SEQUENCE:

Can't find a place to park? Some days the lot gets very full. Don't forget there is a parking garage behind the buildings, to the left of the driveway as you are coming towards the buildings. There is generally ample parking there. In the future there will be additional reserved 90 minute visitor parking in front of the building, we are hoping soon!

Question about your statement? All services at Sequence come with an invoice, usually provided monthly. For insurance reimbursable care, this should meet all requirements for submission. If you have any questions about your statement or payment issues, please email admin@sequenceservices.com and we will get to work helping in any way we can.

Appointment reminders are here! Our HIPPA compliant Electronic Health Record system that we use for scheduling can send you an automatic appointment reminder via email or text, 2 days before your scheduled appointment. Please let your provider know if you would find this helpful.

RECOMMENDED READS

Mindsight

by Daniel Siegel

When Parents Part

by Penelope Leach

Seven Principles for Making Marriage Work

by John Gottman

Visit our **Facebook Page** for more book ideas, great articles and links to health and wellness supports <https://www.facebook.com/sequenceservices>

SUMMER DAYS AS TIME TO PLAY

Longs warm days with lots of light are wonderful, and great for our overall well-being. Why not use the extra time to add in something you used to like to do that you've lost track of, or always dreamed of doing. Drawing, singing, dancing? Cooking, basketball, visiting farmers markets? Maybe you just haven't been to a movie in a while. Whatever it is, consider making it a priority one day, you'll be glad to reconnect with the moments of happiness this brings. Research shows that the time we make for play enhances our lives and strengthens our mental health.

SEQUENCE SUPPORTS in 2014-2015

The communities we each belong to are a source of our resilience and health. The following organizations which build community and care for individuals received support from Sequence in the last year in the form of donations, advertising or financial contributions:

- Temple Beth Ami
- St. Elizabeth's School
- Sandy Spring Friends School
- The Washington School of Psychiatry
- The Parent Encouragement Program
- Montgomery Child Care Association

The connections created by giving to our community bring meaning and value to our lives.

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