



# QUARTERLY NEWSLETTER

FEBRUARY ISSUE

## Let's talk about Mental Health



**CONTACT US NOW!**



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Nurturing our mental well-being can truly lighten the load of life's journey. It equips us with the tools to soothe our souls during turbulent times, navigate the inevitable twists and turns of loss, change, and uncertainty, forge meaningful connections with others, and embrace the joy of learning.

However, let's be clear: having good mental health doesn't mean we're on a perpetual high. We all experience our share of ups and downs. Life is a rollercoaster filled with unavoidable challenges, worries, and heartaches that touch us all. Some tough emotions may fade away like a passing storm, while others linger longer, testing our resilience. This is a universal experience, one that can touch anyone.

The bright side is that we each hold the key to enhancing our mental well-being and preventing future challenges. Let's wholeheartedly dive into the adventure of self-care and uplift one another along the way!



Meet Zulima Webster, a dynamic Licensed Marriage & Family Therapist and Certified Anger Management Specialist, who also shines as a Certified Prepare/Enrich Pre-marital Counselor. With a Master's degree in Family Therapy from Mercer University School of Medicine, she is the proud owner of Jade Family Therapy. Zulima brings a wealth of clinical expertise to the table, having worked with a diverse range of clients including children, teens, adults, couples, and families. Her expertise lies in a diverse array of areas, including maternal depression, couples therapy, anxiety management, adolescent challenges, blended family dynamics, support for military families, trauma-informed care, and a holistic approach to health and wellness.

Originating from the stunning shores of St. Croix in the U.S. Virgin Islands, Zulima embraces her multicultural background, fostering a warm and judgment-free space for her clients to explore their challenges. She champions the power of effective communication and self-care, empowering her clients to assertively advocate for themselves while honoring the perspectives of others, paving the way for lasting transformation.

Having triumphed over a significant natural disaster herself, Zulima possesses a deep-seated passion and insight for helping individuals and families navigate the aftermath of trauma. With her guidance, clients can embark on a journey of healing and growth, supported by her compassionate expertise.

*Thank You*



## Ways to remain calm amidst uncertainty

### PRACTICE GRATITUDE

Embrace the power of gratitude, let your feelings flow in a constructive way, cherish moments with those you hold dear, draw the line with negative influences, and take pride in your appearance. Write down all the blessings that fill your life in a gratitude journal. Let your heart spill over with appreciation for the little and big things alike!

Align yourself with your core values and beliefs, dive into pursuits that ignite your passion and give your life meaning, carve out moments for peaceful introspection, and shower yourself and others with compassion and kindness.

### RESOURCES

Call 911 in the case of emergencies needing immediate assistance from the police, ambulance or fire department.

Call or Text 988: Provides 24/7 toll-free service to anyone facing a suicidal and/or mental health crisis.

LGBT National Hotline (Call 1-888-843-4564): Provides 24/7 support by highly trained and dedicated LGBTQIA+ volunteers who offer free and confidential services.

Arch Institute: Provides technical assistance, organizational management services, and develop culturally specific programs for youth and young adults in the USVI. [archinstitute.com](http://archinstitute.com)



## Very important information

Exciting news! Jade Family Therapy has just unveiled its brand-new website. Don't miss out—swing by [jadefamilytherapy.com](http://jadefamilytherapy.com) to explore all we have to offer!



### YOUTH GROUP COUNSELING

Are you eager to help your child enhance their coping abilities, boost their confidence, and refine their social and emotional skills? Look no further! Jade Family Therapy is excited to announce our new group counseling sessions tailored for kids aged 9 to 12. If this sounds like the perfect fit for your little one, don't hesitate to get in touch! You can reach us at [admin@jadefamilytherapy.com](mailto:admin@jadefamilytherapy.com) or give us a call at 470-816-5001. We can't wait to hear from you!



At Jade Family Therapy, we truly appreciate you taking the time to read our newsletter and for your commitment to nurturing your mental well-being and embracing self-care. We're here to support you and stand strong as a cornerstone of our community. Keep an eye out for exciting updates, goals, and milestones coming your way!