

WELLMAIL

Quarterly Newsletter

Coming Soon:

- Substance Abuse Education Group
- Coaching Group for Girls 13+ focused on Self-Esteem, Self-Awareness and Goal Setting
- Therapeutic Art Group: Food For Thought

Happy New Year!

3C Wellness is growing and will be adding a new therapist and other therapeutic supports this year!

We have some great things upcoming!



Therapeutic Art Group:

Talk about self-care and trying new things, and we also want to offer the opportunity to do just that! This group will be facilitated by a Certified Art Coach. This is Free to you and with any service we offer, confidential.

A card on file is required to secure your account in order to receive services.

Cancellation Policy: Email support@3cwellness.info or call 704-284-7244 24 hours prior to your appointment. We will confirm receipt of your cancellation within 24 hours. If you reschedule your session, during the week of your originally scheduled service, there is no fee. Fee for late cancellation and no-show is \$100 and must be paid prior to your next appointment. Our Billing Administrator will charge the card on file within 24 hours of a late cancellation or no show. We understand things can happen that are out of your control. If there is an extenuating circumstance that impacts your appointment, please communicate this as soon as possible.



Your Therapist: Ashley Shaw, LCSW, LCAS, LISW-CP

"Give, Invest, Inspire, Redefine, and Love everywhere you go"

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Specific	Measurable	Achievable	Realistic	Timely
S	M	A	R	T
G	O	A	L	S
What do you want to do?	How will you know when you've reached it?	Is it in your power to accomplish it?	Can you realistically achieve it?	When exactly do you want to accomplish it?

WELL Tip: Set SMART GOALS for yourself this year!

Find Your Inner Peace

Practice acceptance

This may sound difficult, but it's one of the most effective ways for a person to begin achieving inner peace

Listen to soothing sounds

Get outside

Smile

Volunteer

Affirmations

Show your gratitude

As we grow, it will be important for you to communicate with our Administrative Team any updates that may impact engagement in services.

This includes scheduling and payment changes. When we schedule to meet with you we make a commitment to you and your time; please consider that in the event you need to change your appointment. Given the trying times we are living in today, this could be a time slot for someone who is in need.

