



# Monthly Mental

Feb. 2026

## Support and Boundaries & Black History

We are so incredibly proud of all of our clients that started their Deep TMS treatments last month. Reach out to [cody@bridgewayclinics.com](mailto:cody@bridgewayclinics.com) to start your journey.

Compared to the overall population, Black Americans face a 20% higher risk of significant mental health challenges, but just one out of three Black adults living with mental illness gets treatment. Bridgeway is dedicated to providing an environment where support, understanding and care is available.

Are you a compassionate Licensed Professional Counselor? We want to hear from you! Email your resume to: [info@bridgewayclinics.com](mailto:info@bridgewayclinics.com)

### Top News

#### Staff Spotlight:

Ramzee, a licensed counselor and former NFL athlete with three Super Bowl wins, brings expertise in Cognitive and Dialectical Behavioral Therapy and trauma-informed care. His background in sports and wellness helps clients build resilience and thrive under pressure.

#### Next Group Therapy

Boundaries are self-care: The 5 love languages. Hosted by LPC Ramzee Robinson 2.21.26  
Upcoming: Single Mothers Support Group Therapy Hosted by LPC Taylor Jackson. Date to be determined.

You're not alone, we can help  
[www.bridgeway-clinics.com](http://www.bridgeway-clinics.com)  
(816) 768-0090