



You're Not Alone, We Can Help

[www.bridgeway-clinics.com](http://www.bridgeway-clinics.com)  
(816) 768-0090

Monthly Mental

# NEWSLETTER

January 2026- "New Year, New You"

## A THANK YOU TO OUR CLIENTS

Bridgeway Clinic is headed into its FOURTH year and it's going to be the best one, yet. Let's make it your best year, too. Last year we earned another reward, this time for our google reviews. We couldn't do it without you! What do you think we will win for 2026?



**A Fresh Start:  
Meds, TMS, Therapy or something else?**

### Where to start?

When you call/email our clinic we are happy to help! We will ask for your name, phone number, email, and address. We will also ask for your insurance (self-pay options available) and begin the preauthorization process while you fill out your intake paperwork (this is also available on our website to send directly) This dives a little deeper into your past medical history and gives us a better view of what care would best suite you.

### When & Where?

Most sessions are able to be scheduled in a week or less, with virtual options available for therapy and medication management.

### Hope & Help

From treatment for ADHD, anxiety, major depression, grief, etc, to gene testing, life coaching and youth support, we are here to Bridge The Gap!



## TOP NEWS

### Staff Spotlight

We never would have made it through the Holiday Season without Haylee! Our Executive Assistant, Office Manager, and Spravato Tech. Make sure you give her a shout next time you see her!

### Sunshine Stories

We're so grateful for all of the donations our staff and clients contributed to our friends at Pawportunities Animal Rescue and Sheps Place Animal Sanctuary.

### Next Group Therapy 1.24.26

Our LPC Ramzee will be hosting our second group therapy session, focusing on addiction and SMART goals

### We're Hiring!

Are you a compassionate Licensed Professional Counselor? We want to hear from you! Email your resume to: [info@bridgewayclinics.com](mailto:info@bridgewayclinics.com) or [alexissinclair94@gmail.com](mailto:alexissinclair94@gmail.com)