

# SEEDS OF LIFE COUNSELING AGENCY

APRIL/MAY/JUNE

## WHAT HAPPENED THESE 3 MONTHS?

### INSIDE THIS ISSUE:

<b>WHAT HAPPENED IN APRIL, MAY, AND JUNE!?</b>	<b>1</b>
<b>WOMEN OF ARETÊ</b>	<b>1</b>
<b>MOSAIC WOMEN</b>	<b>2</b>
<b>SAP</b>	<b>2</b>
<b>PLAY THERAPY</b>	<b>3</b>
<b>WHO'S NEW IN OUR NEIGHBORHOOD!?</b>	<b>3</b>
<b>INSPIRATIONAL STORY "LEMONADE"</b>	<b>3</b>

During the months of April and May, our community was fortunate to host a series of engaging events that brought people together and provided valuable insights. One event that stood out was the mental health symposium on "Trauma Informed Church," which proved to be both enlightening and transformative for attendees.

At the symposium, esteemed speakers shared their knowledge and experiences, shedding light on various aspects of trauma within religious contexts. Min. Dean captivated the audience with her presentation on the trauma associated with the Word. She emphasized the significance of creating safe spaces within churches, where individuals can openly address their traumatic experiences and find healing through faith and community support.



Dr. Betty Williams, a renowned expert in trauma psychology, delivered a powerful talk on the trauma of the Word. She highlighted how religious teachings and practices can unintentionally cause emotional distress and anxiety. Dr. Williams called for a more compassionate and empathetic approach to spirituality, ensuring that individuals' mental well-being is prioritized alongside their religious journey.

Additionally, Elder Macheita offered a fresh perspective on the symposium's theme by exploring the trauma of money. Her presentation focused on the ways in which financial struggles and the pressures of wealth can impact individuals' mental health. Elder Macheita discussed the

importance of financial literacy and responsible money management to prevent financial trauma. She also emphasized the need for creating support systems and providing resources to help others keep their money safe and secure.

The symposium provided a unique opportunity for attendees to engage in meaningful discussions about mental health and well-being within religious communities. It fostered an environment of empathy and understanding, where individuals felt comfortable sharing their own experiences.

Moreover, the event inspired attendees to take action and make a difference in their communities. Participants left the symposium equipped with knowledge, tools, and a renewed commitment to promoting mental well-being.

## WOMEN OF ARETÊ



Minister Sharral Dean, a dedicated advocate for mental well-being, supported a Kingdom Life's women's ministry, The Women of the Aretê, by offering a transformative yoga session. Recognizing the powerful connection between yoga and mental health, Minister Dean guided the women in exploring the benefits of yoga, journaling and pranayama, as a tool for self-care and healing. Through asana, breathwork, and mindfulness practices, she created a safe space for the ladies to cultivate inner strength, peace, and emotional resilience. The yoga session provided an outlet for addressing mental health concerns, promoting self-awareness, stress reduction, and a positive mindset. Minister Dean's commitment empowers women to prioritize their mental well-being and thrive daily!



## WHO ARE THE MOSAIC WOMEN?: NURTURE YOUR MENTAL HEALTH

**Nurture Your Mental Health: Team SOLCA has partnered with our sister non-profit agency, Seeds of Life Ministries, Inc., who are empowering the women of the Mosaic Women's Wellness Group to overcome anxiety with cognitive behavioral therapy using breathwork, journaling, and yoga. Join our transformative community today for personal growth, resilience, and empowerment. Let the power of art, movement, and introspection guide you towards holistic well-being. #MentalHealth #MosaicArt #Yoga #Journaling #Empowerment**



## SUBSTANCE ABUSE PROGRAM

### Introducing SAP: Your Pathway to Substance Abuse Recovery

We are thrilled to present the Substance Abuse Program (SAP), a comprehensive and compassionate solution designed to guide individuals towards a brighter future free from the shackles of addiction. With a holistic approach and a team of dedicated professionals, SAP is committed to helping you reclaim your life.

### Step 1: Deposit and Clearinghouse

Secure your place in the program with a \$350 deposit, demonstrating your commitment to positive change. This deposit guarantees your spot and ensures a seamless start to your recovery journey through our reliable clearinghouse system.

### Step 2: Initial Assessment

Once your deposit is cleared, our compassionate and experienced professionals will conduct a thorough initial assessment. This evaluation allows us to tailor the program to your unique needs, maximizing the chances of a successful outcome.

### Step 3: Finalizing Your Journey

Following the initial assessment, we will work with you to schedule an appointment to discuss the remaining program cost. We understand that financial circumstances can vary, so we offer flexible payment options to reduce stress and allow you to focus on your recovery. It is essential to make the full program payment on or before the initial assessment date to continue your transformative journey with SAP.

### Additional Support: Substance Abuse Educator

For an enhanced experience, SAP offers the option to engage a dedicated Substance Abuse Educator. This professional will provide invaluable guidance, equip you with essential coping skills, and empower you with knowledge to navigate the challenges of recovery successfully.

Don't let substance abuse control your life any longer. Choose SAP and take that first step towards a brighter, healthier future. Enroll today or contact us to learn more about our program and the additional resources available to support your recovery.

Together, we can overcome addiction and build a community where hope, healing, and resilience flourish.

Warm regards,

Team SOLCA

## UNLEASH THE POWER OF PLAY THERAPY: A WORLD OF MINIATURES

We are excited to introduce you to the transformative world of play therapy, where healing and growth come to life through the magic of miniatures. Unlock the potential within you and embark on a therapeutic journey like no other. Play therapy is a dynamic approach that harnesses the innate power of play to facilitate emotional expression, problem-solving, and self-discovery. At the heart of this process lies the enchanting world of miniatures – a collection of carefully curated objects that serve as a language for the subconscious mind. In play therapy, miniatures act as powerful tools, allowing individuals to externalize their inner thoughts, emotions, and experiences in a safe and non-threatening way. As participants engage with the miniatures, stories unfold, emotions surface, and profound insights emerge!



## WHO'S NEW TO OUR NEIGHBORHOOD!?

Chiamaka!!!! She will work with us at Seeds of Life Ministries and Seeds of Life Counseling Agency. She is Ms. Sharral Dean's student intern,. She is a junior at Mercer University and will be graduating in the fall of 2024! She is double majoring in Psychology and Christian Theology. She is also minoring in Sociology! She is extremely eager to meet you all!



## LEMONADE

"We all know what lemonade is and the process of making it. First, you need a clean glass, water, lemons, and sugar. But have you ever considered that if you reflect deeply enough, your life and the steps, directions, and choices you take can be compared to making a simple glass of lemonade? Why lemonade, you may wonder? Well, it's because life has its ups and downs, just like the combination of lemons and sugar in lemonade. Sometimes life takes unexpected turns which can lead to sour moments (symbolized by lemons). On the other hand, the sweet times in your life are represented by the

sugar. These could be moments like spending time with loved ones, attending a much-desired party, and having the best time of your life. Finally, the glass represents your journey from birth to adulthood. It symbolizes your entry into the world, your early development, and the process of learning and growing. Essentially, your life is like a glass of fresh

lemonade, and you have the power to control the balance of sour and sweet experiences that you pour into your cup. This perspective is truly remarkable, don't you think?"

-Toni Dean



**UPCOMING FOR MONTH OF JULY AND AUGUST!**

Seeds of Life Counseling Agency is collaborating with Seeds of Life Ministries for the Mosaic Women for an anxiety workshop on July 15 for the month of July. There will also be a yoga summer camp for kids where we will accept school supply contributions! Seeds of Life Counseling Agency will also be collaborating with SCCT and Macon Mental Health Matters Alliance on July 21st at Booker T, Washington Center for an information session and back-to-school contributions! SOLCA will conduct a yoga, meditation, and journaling session at Amerson Park on July 22nd at 9a. Finally, SOLCA will collaborate with Kingdom Life, a local faith-based organization, for Raider Fest providing back-to-school supplies in August. We hope to see everyone at these events!



**Counseling Agency**  
*Plant. Water. Grow.*

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