

Newsletter October 2025



At MAC Counseling Services, we welcome clients of all ages and backgrounds. Our experienced team provides support for children, teens, adults, and couples seeking growth, healing and positive change.



Meet the Provider Stefani McElheney, LMFT

Stefani is a Licensed Marriage and Family Therapist, and owner of MAC Counseling Services, LLC. She has a Master's Degree in Social Work with a specialization in Marriage and Family Therapy.

Want tips, inspiration, and updates from MAC Counseling Services? Follow us on social media and be part of our growing community!

<https://www.facebook.com/share/1742U6WcUa/?mibextid=wwXlfr>



https://www.instagram.com/mac_counselingservices?igsh=aTl4aTMyZWw4dDd4



✨ BURNOUT SUPPORT GROUP FOR WOMEN

Feeling exhausted, overwhelmed, or like you're running on empty? You're not alone. Join our Burnout Support Group for Women—a safe, supportive space to rest, reflect, and recharge. Led by compassionate professionals at MAC Counseling Services, this group offers practical strategies and shared experiences to help you reclaim your energy and well-being.

**MAC Counseling Services**
presents



Burnout: support group for women

Take charge of your stress

Meet like-minded women struggling with burnout and stress; create connection and community with local women; and find practical tools for decreasing emotional exhaustion.

SESSION DATES & TOPICS

- **Week 1 - 10/6/25 at 6:30-8:30pm**
 - Welcome and introductions
- **Week 2 - 10/13/25 at 6:30-8:30pm**
 - Only what you take with you
- **Week 3 - 10/20/25 at 6:30-8:30pm**
 - The real enemy
- **Week 4 - 10/27/25 at 6:30-8:30pm**
 - Wax on, wax off
- **Week 5 - 11/3/25 at 6:30-8:30pm**
 - Ending/wrap up

REGISTRATION

Check our website for more information and registration details

www.maccounselingservices.com

@mac_counselingservices



Burnout - Womens support group for tackling stress

This womens support group is 5 weeks and covers topics of burnout, stress, finding and creating...

Eventbrite / Oct 6



♥ October is Domestic Violence Awareness Month
Every October, we recognize Domestic Violence Awareness Month (DVAM)—a time to honor survivors, raise awareness, and promote prevention of domestic abuse in all forms. ♥



If you or someone you know is experiencing domestic violence, you are not alone. Help is available.

📞 National Domestic Violence Hotline: 1-800-799-7233

THRIVE

EMPOWERMENT CENTER

Thrive Empowerment Center

Empowerment self-defense classes and therapeutic programming for individuals, groups, and organizations in the metro Cincinnati/Northern Kentucky area.

Thrive Empowerment Center

The image is a promotional graphic for the Thrive Empowerment Center. It features the organization's name in large, bold, dark blue letters. To the right of the word "THRIVE" is a logo consisting of three horizontal bars in purple, dark blue, and grey. Below the name, there is a brief description of the center's services. At the bottom left, there is a small logo and the text "Thrive Empowerment Center".

Coping Skill of the Month

What Are Coping Skills—and Why Do They Matter?

Coping skills are healthy tools and strategies we use to manage stress, regulate emotions, and navigate life's challenges. Whether it's deep breathing, journaling, talking to a friend, or going for a walk, these skills help us stay grounded and resilient—even in difficult moments.

Building and practicing coping skills can improve mental health, reduce anxiety, and promote emotional well-being.

5 - 4 - 3 - 2 - 1
GROUNDING TECHNIQUE

A calming technique that connects you with the present by exploring the five senses.

 5 things you can see	 4 things you can touch	 3 things you can hear	 2 things you can smell	 1 thing you can taste
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