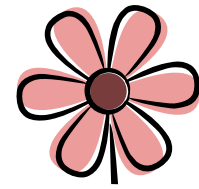




April Newsletter



NuMe Counseling & Consulting

Spring continues to remind us that growth doesn't happen overnight—it happens through consistency, care, and intention. April is a season of growth and building on what you've started. Whether you've been working toward personal goals, prioritizing your mental health, or simply taking things one day at a time, this is your reminder that progress matters.

Pouring Into Our Pillars



Grandparent Caregiver Retreat
Saturday, April 11th
 10AM-5PM
 Bullocksville Community Building
 3050 Bullocksville Park Rd
 Manson, NC 27553
 Lunch & Snacks Provided

Transportation Can Be Arranged RSVP & Info: 919-449-7059

How We Can Support You!

We are accepting new clients!

We offer:

- Comprehensive Clinical Assessments (CCA)
- Trauma-Informed Therapy
- Substance Use & Addiction Services
- Individual, Family & Couples Counseling
- In-person & Telehealth
- Flexible Scheduling

Family Corner

Try these simple ways to connect this spring:
 Take a nature walk
 Have a picnic
 Plant something together
 Spend time talking outside

Name it to tame it



Civic Engagement Reminder

If you are eligible to vote, we encourage you to participate in upcoming elections and to consider early voting if it is available in your area. Early voting can help avoid scheduling conflicts and long wait times.

