OCTOBER 2026 | ISSUE 03

UNIQUELY WELL

A NEWSLETTER FROM UNIQUELY YOU COUNSELING & WELLNESS CENTER

HEAL • GROW • THRIVE • BE UNIQUELY YOU



Protect Your Peace

Make room for rest, support, and meaningful connection.

IN THIS ISSUE

A Note From Crystal
Page 2

Your October Wellness Toolkit
Page 3

Practice & Community Updates
Page 4

The Village Kickoff
October 24

Your needs belong in this season, too.

A Note From Crystal



Hello Uniquely You Family,

October invites us to slow down and notice what we are carrying. Busy schedules and caring for others can leave little space to check in with ourselves.

This month, protect your peace in small, practical ways. Pause before saying yes. Ask for help. Make room for rest and connection. Your needs deserve attention alongside the needs of those you love.

At Uniquely You, we continue growing our mental health and substance use services. We are also preparing to celebrate The Village with our community on October 24.

Thank you for being part of this journey. You deserve support in every season.

With care,

Crystal Kelly, LMHC
Founder & CEO

OCTOBER MENTAL WELLNESS FOCUS

Protecting Your Peace

- What is draining my energy?
- Where do I need a boundary?
- What helps me feel supported?
- What can I set down this week?

Your October Wellness Toolkit

Protect a small break.

Make time for connection.

Step outside when you can.

Keep a gentle routine.

Name what you need.

Ask for support.

THE PAUSE & CHECK-IN

1. **Pause:** Stop for a moment.
2. **Notice:** What am I feeling?
3. **Check:** What do I need?
4. **Choose:** Take one manageable step.

Small moments of care still count.

FEATURED RESOURCE

Becoming Her

A guided digital workbook for reflection, healing, and intentional growth.



Journal prompt:

What would protecting my peace look like in everyday life?

What's Happening at Uniquely You

COMPASSIONATE CARE, CONTINUED GROWTH

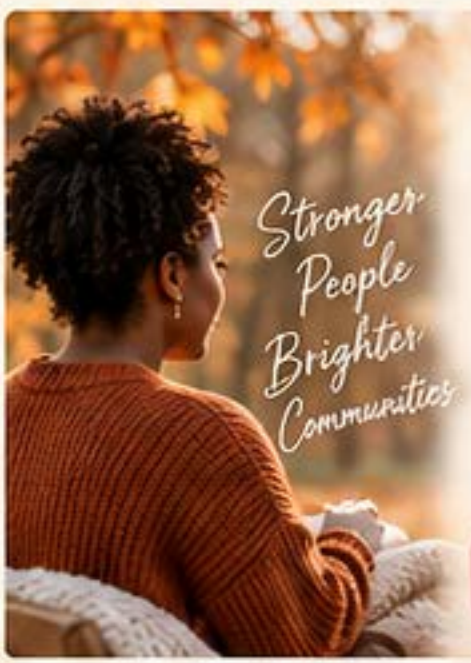
Mental health counseling for adults and teens navigating anxiety, depression, grief, trauma, stress, and life transitions.

ADDICTION & SUBSTANCE USE SERVICES

Substance use assessments and individual addiction counseling. Contact our office to ask about services, scheduling, and insurance participation.

WORKPLACE WELLNESS

Workshops and wellness conversations that support healthier workplaces.



THE VILLAGE
BY UNIQUELY YOU

Community Kickoff

- Saturday, October 24, 2026
- 10:00 a.m.–12:00 p.m.
- Youth for Christ facility • Fort Wayne
- Meet The Village, connect with community partners, and learn how to get involved.

One Love Food Truck will be joining us!

A MILESTONE TO CELEBRATE

The Village received a $3,000 Engage Grant!

Thank you for supporting our growing community mission.

STAY CONNECTED

Follow Uniquely You for wellness tools, resources, and community updates.

HEAL • GROW • THRIVE • BE UNIQUELY YOU