# NPLLC October 2026 Newsletter

## A Note From Our CEO

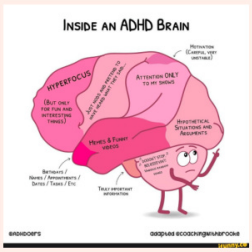


As the holidays approach, some look forward to celebration and connection. For others, the season may bring complicated feelings, strained relationships, or pressure to show up in ways that do not feel healthy. Both experiences deserve understanding.

I take pride in the fact that my clinical team will encourage you to explore your options, while reminding you that it is okay to set boundaries and hold on to them, even with people you love. We also know that doing so is not always easy.

Whether your relationships are joyful, tense, or somewhere in between, please make space for support, and to rest your mind and body. Be intentional about finding people, places and things that help you feel grounded. Thank you for trusting us to support you.

*Dr. Nerissa Snyder Dicks, LCPC, LPC, NCC*




**OCTOBER IS**

# ADHD

**AWARENESS MONTH**

ADHD can affect attention, organization, emotional regulation, and relationships. Awareness helps reduce stigma and encourages understanding, effective strategies, and access to care.

**You are not alone. Support is available, and our team can help you explore tools and resources that work for you.**

# MEET OUR TEAM

In addition to the 3 new clinicians you met in our September newsletter, meet more of our team members.
More ways to connect with care and support at Nurturing Possibilities!

## Now Accepting Therapy Clients!

**Monday - Saturday | Morning & Evening**



### Dr. Shari Baker

**Clinician in Training**

Master of Social Work
Howard University

Scheduling and records compliance



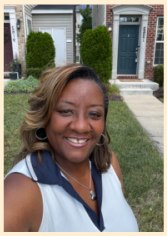
### LaRawnn Dicks

**Clinician in Training**

Master of Clinical Mental Health Counseling
The Chicago School

Payment and billing management

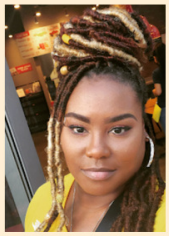
## Clinic Support Staff



**Angela Russell**

**Clinic Manager**

Policies, admin compliance and insurance verification



**Donnetta "Dawn" Woodrup**

**Therapy Support Coach**

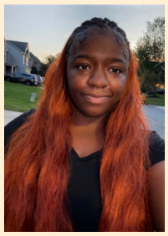
Supporting client connections and resources



**Latoria Anderson**

**Social Work Intern**

Bowie State; case management, engagement and marketing support



**Sierra Smith**

**Social Work Intern**

Bowie State; case management, social media research and development

## Call or Text Us Today! 301-744-8161

www.nurturingpossibilitiesllc.com