

Learning to love...you!

Welcome Tanvi Gupta

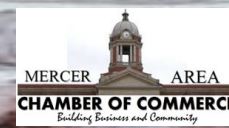
Tanvi Gupta, MA, LPC is the newest member of the Rock Creek Wellness team and she is here to provide individual, group and family therapy. She specializes in providing treatment for substance abuse disorders using Cognitive Behavioral Therapy, Dialectical Behavioral Therapy as well as Solution Focused Therapy in her work. Tanvi and her family moved to the United States from India when she was a freshman in high school. Growing up, she has lived in many places which has been both an adventure and a roller coaster ride! She recently got married and moved to Hermitage, PA with her husband and they have both been busy exploring our community.



Tanvi's hope is that there is more of a recognition for mental health and addiction treatment in our society. She feels that our mental and spiritual fitness is just as important as our physical fitness and always tell others that it would be so nice to have a "primary care therapist" just as we have a primary care physician.

**Tanvi currently accepts High-mark insurances and self pay.*

Rock Creek Wellness
60 B Franklin Rd.
Mercer, PA 16137



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New Services Are Coming

Kimberly Starr will soon be bringing Yoga of 12 Step Recovery (Y12SR) to Rock Creek Wellness. "Y12SR "connects the dots" between the ancient wisdom of yoga, the practical tools of 12-step programs, and the latest research on trauma healing and neurobiology. As part of a holistic recovery program, it works in tandem with traditional treatment to address the physical, mental and spiritual disease of addiction. The program serves people recovering from all manifestations of addiction, from behavioral addictions to substance abuse – creating a safe place on the mat where trauma can be released. It also supports those who are impacted by a loved one's addiction. Weekly meetings led by certified Y12SR leaders are available in community settings across the United States. Y12SR is also offered as an adjunctive therapy in a growing number of addiction recovery treatment centers."

Sustainable addiction recovery is about more than the mind... the issues live in our tissues...

– Nikki Myers, Y12SR Founder



Out of the Darkness

Join us as we walk with the Lawrence County PA Suicide Prevention Coalition September 14th, at Riverwalk Amphitheatre in New Castle. Check-in/Registration at 9:30 am and the walk is from 11 am to 1 pm. For more information, please contact: Michele Kelly-Thompson at 724-510-3271 or mkthompson@humanservicescenter.net Online registration closes at noon (local time) the Friday before the walk. However, anyone who would like to participate can register in person at the walk from the time check-in begins until the walk starts. Registration is free and open to the public. Walk donations are accepted until December 31st.

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