

january

NEWSLETTER



**Discover What's Happening
This Month!**



951 MAIN ST. HONESDALE, PA 18431

570-280-6321

WWW.NORTHERNLIGHTCOUNSELING.ORG



@NORTHERNLIGHTCOUNSELINGANDCAVE

SPECIAL EVENTS!



Price
\$20



*Taylor Swift Night at
Northern Light*



**FRIENDSHIP BRACELETS,
BLACKOUT POETRY, SINGALONG, DANCE
PARTY, KARAOKE AND MORE!**



JANUARY 6TH 2024



SWIFTIES AGES 7-14

2:00-4:00PM

SWIFTIES AGES 10-16

4:30-6:30PM

SWIFTIES AGES 17+

7:00-9:00PM

Dressing up is encouraged!



January 27, 2024

Krol Wellness

LEARN ABOUT THE GUT MICROBIOME!
WE WILL DISCUSS HOW DISRUPTIONS IN
OUR MICROBIOME CAN LEAD TO MOOD
DISORDERS SUCH AS ANXIETY, DEPRESSION,
ADHD, & MORE!

3:00-4:00 PM WORKSHOP

4:00-4:30 PM SALT SESSION!

\$20



Lori Krol, RN BSN
MS IHP2

Integrative Health Practitioner 2





ADOPTION/FOSTER CARE SUPPORT WITH: CLAIRE LITTLE B.A., M.A. – ART THERAPIST



A SAFE SPACE



FOSTER & ADOPTIVE FAMILY SUPPORT GROUP

\$10



**1/19/24
5:30-6:30pm**

OUR ART THERAPIST WILL BE LEADING A SPECIALIZED
SUPPORT GROUP FOR CHILDREN (AGES 6 & UNDER) WHO
ARE ADOPTED OR CURRENTLY IN THE FOSTER CARE SYSTEM
& THEIR CAREGIVERS. FIND SUPPORT IN A COMMUNITY
SETTING FROM OTHERS WHO GET IT!



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A SAFE SPACE

**January 18th
5pm - 6pm**

\$10



**OUR ART THERAPIST WILL BE LEADING A SPECIALIZED SUPPORT GROUP FOR
CHILDREN/ADOLESCENTS WHO ARE ADOPTED OR CURRENTLY IN THE FOSTER CARE SYSTEM .
CAREGIVERS WILL HAVE THE OPPORTUNITY TO CONNECT AND SUPPORT ONE ANOTHER
SIMULTANEOUSLY IN OUR HIMALAYAN SALT CAVE!**

WOMEN'S EMPOWERMENT CIRCLE

WWW.NORTHERNLIGHTCOUNSELING.ORG



EVERY MONTH:
YOU WILL ACCESS
YOUR OWN INNER
KNOWING AND MOVE
TOWARDS
MANIFESTING JOY &
HAPPINESS IN YOUR
LIFE.

6:30PM FRIDAY,

JANUARY 19TH, 2024

LED BY: REIKI MASTER - JEANNETTE WESOLOWSKI

DRY-SALT THERAPY

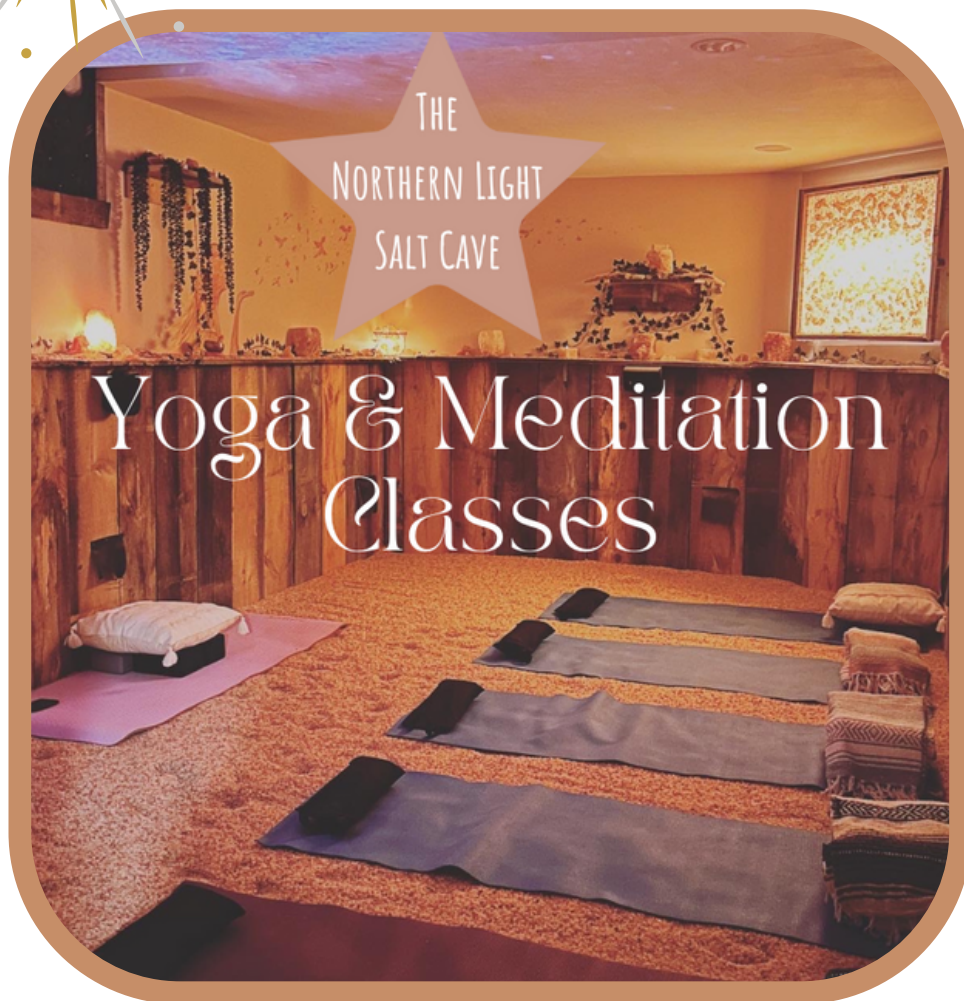


STARTING AT \$30/HOUR
& OPEN 7 DAYS A WEEK!



YOGA, MEDITATION, & CLINICAL COUNSELING WITH:

DAVID GODDARD, M.A., NCC, C-IAYT, RYT 500



SALTED MEDITATION & RELAXATION

WEDNESDAYS AT 5:15PM

Self-care
IS EMPOWERMENT



ALL-LEVELS YOGA

MONDAYS AT 5:00PM

DAVID IS ACCEPTING NEW
PATIENTS FOR CLINICAL MENTAL
HEALTH COUNSELING!

KIRSTEN GILLERN – BOARD CERTIFIED MUSIC THERAPIST



STAY TUNED

NEW CLASSES & SERVICES W/ KIRSTEN ARE COMING IN 2024!

A decorative graphic featuring a large yellow treble clef and a rainbow of musical notes and instruments, including a guitar, a keyboard, and a drum set, all arranged in a circular pattern.

MASSAGE THERAPY



ANTONIO RODRIGUEZ, LMT



IN OUR
HIMALAYAN
SALT ROOM!



- SWEDISH MASSAGE - \$65
- DEEP TISSUE MASSAGE - \$70
- TRIGGER POINT THERAPY - \$75
- REIKI - \$66
- REFLEXOLOGY - \$90

ADDON:

HOT STONES - \$10

EXTRA 30 MINUTES - \$30



NORTHERN LIGHT COUNSELING

570-280-6321

WWW.NORTHERNLIGHTCOUNSELING.ORG

PLEASE WELCOME AMY
WILLIAMS TO
THE NORTHERN LIGHT TEAM!



“you are”
NOT ALONE
• in this •



Amy is a Master's-Level Registered, Board-Certified Art Therapist and Licensed Professional Counselor specializing in Art Therapy, Play Therapy and EMDR (Eye Movement Desensitization and Reprocessing) for children, adolescents and families.

PLEASE ALSO WELCOME CARRESSA
GREGORY TO OUR TEAM!



**Carressa is another smiling face you'll see at our front desk!
She will be answering your calls, scheduling appointments,
and helping out at many of our events!**