



HEART OF AMBER THERAPY

# AMBER HIGHLIGHTS


JANUARY 2025 - ISSUE #2

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## WE'VE MOVED TO A NEW OFFICE!



We are thrilled to announce that Heart of Amber Therapy has moved to a brand-new office space in Middlesex, NJ! Our new location is designed to create an even more welcoming and peaceful environment for our clients, as well as additional space for group therapy opportunities and additional staff.

 New Address:  
530 Union Ave, Unit 3A  
Middlesex, NJ 08846

Our new office is easily accessible and equipped to offer a comfortable and confidential space for therapy. We are excited to welcome you to this new chapter of growth and healing, and we hope it will become a space that feels like home for you.

## COMMUNITY IMPACT: PODCASTS, GUESTS, AND BLOGS

We're so grateful for the connections we've built through our podcasts, guest speakers, and blog posts this past year. Here's a quick look back at some of the highlights that resonated deeply with our clients and community:

- **Podcasts:** We've had the honor of featuring several incredible guests who shared their expertise on a variety of mental health topics. Whether it was discussions about trauma recovery, self-compassion, mental health advocacy, or what's led and motivated them in their lives, these conversations have sparked positive change and deeper reflections in our community.
- **Blog:** Our blog has been a space for ongoing dialogue around mental health, personal growth, and wellness. We've covered topics ranging from practical coping strategies, reflections, and building emotional resilience. The feedback we've received from our readers has been overwhelmingly positive, and we're excited to continue creating content that supports your mental health journey.

If you haven't checked out our podcasts or blog yet, we encourage you to visit our website to catch up on all the inspiring content!



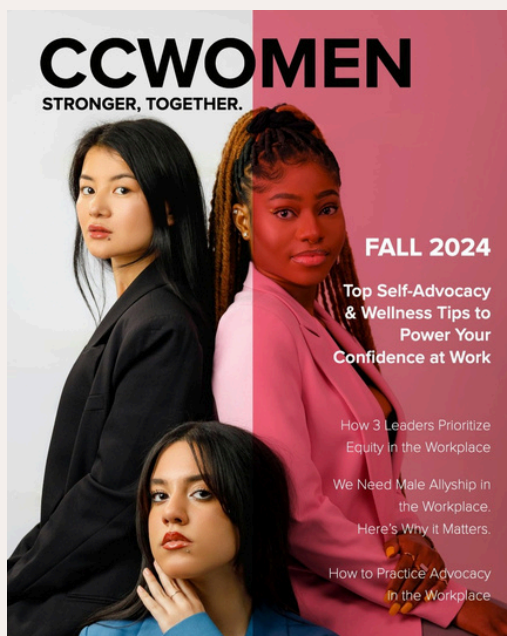
MARIETTE MARINO, LAC, R-DMT  
EPISODE 4



MICHELLE MEJIA, LAC  
EPISODE 5

## SELF-COMPASSION AT THE CCW SUMMIT: A SPECIAL INVITATION

This past October 2024, I had the honor of speaking at the Customer Contact Women Summit in Nashville, TN, where I presented a talk on self-compassion. It was an incredible experience to share insights on how we can be kinder to ourselves in moments of struggle, and how self-compassion can be a powerful tool in healing and growth. The women in this group were inspiring in their leadership roles, sharing their own personal journey's in their respective fields.



The response to my talk was inspiring, and I'm thrilled to announce that CCW has now invited me to participate in their magazine. I met with Shiwon Oh, Editor in Chief at CCWomen to expand on the self-compassion blog that was posted earlier in the year. The magazine is expected to launch end of January 2025.

## **A NEW YEAR OF GROWTH AT HEART OF AMBER THERAPY**

As we move into the new year, we find ourselves reflecting on the journey we've been on together and looking forward to all that's to come. We've learned so much from each other and from the powerful work we've done in therapy, and we are more committed than ever to providing you with the tools and resources you need to continue your growth.



## **WHAT'S NEXT FOR YOU?**

We know that therapy is an ongoing process, and we are here to help you stay connected and engaged with your personal journey, whether you are in therapy or simply exploring new ways to deepen your self-awareness. To support this, we will continue to add new worksheets and learning materials to our online platform. These resources are designed to complement your work in therapy, offering practical exercises and insights that you can integrate into your daily life. Keep an eye on our website for fresh content in the coming months!





## NEW PODCAST EPISODES TO INSPIRE AND SUPPORT YOU

We're also excited to announce that our podcast is expanding in the new year! We've lined up a series of episodes that tackle some of life's toughest challenges — including grief, stress, and coping with change. We'll be bringing in a variety of guest experts who will offer unique perspectives and actionable advice. Whether you're looking for strategies to navigate loss or tips for managing everyday stress, there will be something for everyone in this next season of episodes.

## EXCITING TEAM EXPANSION

We are thrilled to share that The Heart of Amber Therapy is expanding! This year, we are welcoming two talented therapists. With their help, we'll be able to continue offering more resources, guidance, and support to our community. The addition of therapists means we'll be able to better serve you with even more one-on-one support, behind-the-scenes work, and new programs that will enrich your therapeutic experience. We're excited to introduce them to you soon!





As we step into 2025, we encourage you to embrace the new year with compassion, patience, and a renewed sense of purpose. Whether you're taking small steps toward personal growth or diving deep into healing, remember that each journey is unique, and every moment of progress matters.

At Heart of Amber Therapy, we are honored to walk alongside you on your path, and we are here to support you, no matter where you are in your process. If you're ready to explore new tools, gain fresh insights, or continue building resilience, we are always here for you. Wishing you peace, growth, and joy in this new year. Let's make it a year of healing, connection, and hope.

With warmth and care,  
The Heart of Amber Therapy Team

