



TabulaRasa Integrative Health Inc.

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December 2022

Newsletter



Happy Holidays!

We hope that your holiday season is off to a great start! We have some exciting things happening and can't wait to share them with you!

We have moved!!!

Our move is now complete and we are located at 135 N. Greenleaf St. Suite 120 in Gurnee. When you enter the building, we are the 2nd office on the right. Our office welcomes you for in-person or virtual sessions. Please discuss these options with your therapist.

Office Hours

Below are our hours of operation. Please keep in mind that these hours are subject to change for holidays and inclement weather.

Mon-Friday: 8am-8pm

Saturday: 8am-4pm

Sunday: Closed

Holiday Office Closings

Our office will be closed on the following days in the month of December and January.

**December 24th, 25th and 26th
January 1st and 2nd.**

NEW *Groups*

New Art Therapy Group for Children and Adults

Starting Wednesday January 18th, we will be offering Individual and Group Art Therapy Sessions, facilitated by an Art and Recreation Therapist.



Free Introduction to Mental Wellness Group!

Receiving mental health treatment can be frightening for many. That's why we will be offering a free, 1 hour, virtual group that provides an introduction to mental wellness for those who want to receive information and ask any questions that they may have. This group is open to the public and is meant to inform and provide a safe space to destigmatize mental wellness. The first group will take place in January, so be on the lookout for more information.



More *Groups*

Weekly MH Support Group for Adults

So many of you have been looking to receive additional support within a group setting, and we are here to meet that need! Beginning January 2023, we will be offering a morning and an evening adult MH support group. Days and times will be communicated via our website shortly.



Kids and Teens MH Support Groups!

Kid and teens support groups are on the way! We will be offering weekly mental health support groups for children 5 years old and older. Youth group will be held on Saturday mornings and teen group will be held in the afternoon. Call the office or visit our website to register.

Introducing *Hypnotherapy*

Individual Hypnotherapy

TabulaRasa will be offering limited appointments for individuals interested in hypnotherapy beginning January 3rd. Hypnosis is a deep state of relaxation during which suggestions are made to create beneficial changes in ideas or behavior.

The subconscious mind controls the involuntary functions of the body, including habits and things that we do 'automatically' - it is fueled by our emotions and imagination and directs the energy from within. The subconscious mind also contains memories of every single thing that has occurred to us.

In hypnosis the mind is very receptive to new ideas and open to suggestions which encourage more sensible, balanced or helpful attitudes to reality. In the clinical setting, symptoms associated with stress or anxiety can be helped; in such cases it is not a substitute for medical treatment, but a very useful supplement to it. Mind and body affect each other and the person as a whole is benefited by this holistic approach.



Call our office or visit our website for more information.



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DECEMBER 2022

New TRIH Website

www.trih.org is live! We are continuing to add to site daily and will begin to utilize this new site fully beginning January 3rd. The old <https://tabularasawellnesscenter.com> website will be removed on January 3rd.

TRIH Open House

Save the date!

TRIH will be having it's Open House on Saturday, February 11th, 2023 from 1pm to 5pm. This is a time for you and others in the community to come see our new space and questions you may have related to our services. We can wait to see!