



Pacifica LLC
Counseling & Psychiatry

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AUGUST NEWSLETTER

SURVIVAL GUIDE FOR THE MONTH!



DID YOU KNOW THAT THE LATIN TRANSLATION OF “AUGUST” MEANS “TO INCREASE, TO ESTEEM, AND TO REVERE”? WITH THE CLOSING OF THE VACATION MONTHS AND THE ENTRANCE TO A NEW SEASON, FOCUSING ON NEW GOALS AND PRIORITIES CAN INCREASE MOOD, ENERGY, AND ALLOW FOR A SENSE OF FULFILLMENT.



BACK TO SCHOOL? FEAR NOT!

BACK TO SCHOOL TIME OF YEAR MEANS JUMPING BACK INTO EARLIER MORNINGS AND LATE NIGHTS OF SOCCER PRACTICES AND HOMEWORK. TAKE TIME THIS AUGUST TO BE THOUGHTFUL IN CREATING A ROUTINE FOR YOU AND YOUR FAMILY. NOT ONLY DOES HAVING A ROUTINE HELP YOU ACCOMPLISH NECESSARY TASKS, BUT IT HAS ALSO BEEN SHOWN TO ASSIST IN DECREASING FEELINGS OF IMPULSIVITY IN CHILDREN & IMPROVE SLEEP FOR ADULTS. SO, GRAB YOUR CALENDAR AND GET TO SCHEDULING!

NEW THERAPIST ALERT!

PLEASE HELP US WELCOME THERAPIST JACKSON TO OUR PC TEAM! JACKSON IS A GRADUATE FROM RICHMONT UNIVERSITY AND SPECIALIZES IN TRAUMA INFORMED COUNSELING AND OFFERS DIVERSE APPROACHES TO MEETING CLIENT NEEDS. WELCOME JACKSON!

