

The logo for MADD Therapy, featuring the text "MADD Therapy" in a red, serif font inside a white rectangular box with a black border. The box is set against a dark blue background.

# Empowerment Times: March Edition

*Your Monthly Source for Mental Health and Personal Growth*

## Welcome to Empowerment Times!

As we stride through March, we welcome the season of renewal and growth. It's a month to reflect on our journeys, embrace change, and nurture our mental well-being. In this edition, we explore strategies for self-compassion, navigating transitions, and harnessing the power of gratitude. Let's embark on this journey together towards greater resilience and empowerment.

### MADD Features:

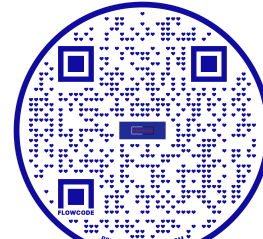
**Cultivating Self-Compassion in Times of Struggle:** Life presents us with challenges that can often leave us feeling overwhelmed or inadequate. Discover the transformative power of self-compassion and learn practical techniques to cultivate kindness and understanding towards yourself, even in the midst of difficulty.

**Navigating Life Transitions with Grace:** Change is inevitable, yet navigating transitions can be daunting. Whether it's a career shift, relationship change, or relocation, equip yourself with strategies to embrace uncertainty, foster resilience, and emerge stronger from life's transitions.

**The Gratitude Attitude: Harnessing the Power of Appreciation:** Gratitude is a potent tool for enhancing well-being and resilience. Explore the science behind gratitude practices and uncover simple yet profound ways to cultivate appreciation in your daily life, fostering a positive mindset and deepening connections with others.



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**Looking for MADD Therapy Scan this QR code.**

### **Expert Insights:**

- *Mindfulness Corner:* Explore mindfulness exercises to anchor yourself in the present moment and cultivate a sense of calm amidst life's whirlwinds. Use the Active Grounding Techniques multiple times daily. Ask me how!

### **Upcoming Events:**

- *Selfcare Weekend Workshop: Embracing Self care:* Save the date MAY 2024 for our upcoming workshop where we'll explore practical strategies for navigating life's transitions with resilience and grace through selfcare.

### **Final Thoughts:**

As we embark on the journey through March, let's remember to be gentle with ourselves, embrace change as an opportunity for growth, and cultivate gratitude for the abundance in our lives. Together, we can navigate life's challenges with resilience and forge a path towards greater empowerment and well-being.

Stay empowered,

## **Donating to MADD Therapy**

Your donation plays a crucial role in ensuring that individuals facing mental health challenges have access to professional counseling, therapy sessions, support groups, and educational resources. Your contribution directly impacts the lives of our clients, empowering them to navigate their struggles, find healing, and build resilience.

With your generosity, we can:

- Provide subsidized or free counseling sessions to individuals experiencing financial hardship, ensuring that cost is not a barrier to accessing mental health support.
- Expand our outreach efforts to raise awareness about mental health and reduce the stigma surrounding seeking help.
- Enhance our counseling programs by investing in specialized training for our therapists and implementing innovative therapeutic approaches to better serve our diverse client base.
- Create a welcoming and supportive environment within our counseling center, where individuals feel safe, heard, and empowered on their journey towards healing and personal growth.

Your commitment to supporting mental health initiatives is truly inspiring, and we are honored to have you as a partner in our mission to promote emotional well-being and resilience in our community.

Once again, thank you for your generosity and compassion. Your contribution is making a profound difference in the lives of those we

serve, and we are deeply grateful for your ongoing support.

**Donate to MADD THERAPY via Venmo @MADDTHERAPY, CASHAPP \$maddtherapy2020, APPLEPAY 6167197164, mail 1345 Monroe Ave NW suite 230, Grand Rapids, MI 49505**

## **MADD THERAPY Products & Programs:**

Our Therapy Tools are specially designed to help you manage your anxiety and find peace in your daily life. Our tool kits provide a variety of techniques to relieve stress while our jewelry serves as a subtle reminder to practice mindfulness throughout the day. Don't let anxiety control your life. Shop our Therapy Tools to take control today.

### **[MADD Therapy Things](#)**

Our Anxiety Tools are designed to help manage anxiety and stress by providing a natural and effective way to reduce fidgeting, restlessness, and racing thoughts. Our therapeutic supplies are perfect for anyone looking for a non-invasive way to alleviate anxiety, promoting a sense of calm and relaxation. Explore our selection today and take the first step towards a healthier, more balanced life.

<https://www.maddtherapy.com/shop>

## **Core Concepts Learning**

Our anger management classes provide a practical approach to managing emotions in real-world situations. We offer a comprehensive curriculum that focuses on understanding the causes and triggers of anger, as well as developing coping techniques and stress-reduction strategies. Our program is designed to be flexible and is available in both individual and group formats. Contact us today to schedule your first session and take control of your emotions.

## **CC:Me**

Therapeutic Mentoring is a mentoring program that incorporated a therapeutic component. The therapeutic component provides the client with the opportunity to meet with a clinical counselor for assessment and check in prior to mentoring sessions. Therapeutic mentoring provides the client with a stable environment to discuss and relieve stress, anxieties and fear in a comfortable safe space.

## ***About The Company***

MADD therapy is a therapeutic environment that uses expressive arts modalities to enhance personal therapy. Through the use of Music, Art, Drama, and Dance modalities the therapeutic environment becomes tailored to you. The word MADD is the acronym for Music, Art, Dance & Drama.

## ***MADD Therapy Contacts***

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