



**DECEMBER  
 NEWSLETTER**



**🎄 Holiday Dates 🎄**

Dec 24-25: Holiday  
 Dec 26: Observed  
 Holiday  
 Dec 31: New Year's Eve



**👤 Clinician Openings -**  
 Please see availability in  
 simple practice  
<https://sade-tyler.clientsecure.me/>  
**Referrals Welcome!**  
 .💛 We encourage client referrals!

**Billing Inquiries:**  
 ✉ Email: [billing@riseupresiliencycenter.com](mailto:billing@riseupresiliencycenter.com)  
 🔒 Message securely via the SimplePractice portal

**Clinician Communication:**  
 🔒 Use SimplePractice Secure Messaging

**Non-Emergency Voicemail:**  
 📞 Call (888) 913-7872 ext. 0

**Scheduling:**  
 📅 Manage appointments via the SimplePractice portal  
 ⏰ Provide 24-hour notice to avoid fees!

**OUR CLINICIANS**



Sade

Lauretha

**UPCOMING  
 EVENTS IN  
 DECEMBER**

**Self care events**

1. Have Yourself a Merry Little Self-Mas  
 A Women's self care event  
 December 15, 2024
2. Teen Self-Mas at the North Pole  
 A teen's self care event  
 December 21, 2024
3. All I Want for Couples-Mas Is You  
 A couples self care event  
 December 28, 2024

**READ IN DETAIL ON NEXT PAGE**

**HAVE YOURSELF A MERRY LITTLE SELF-MAS**

**December 15, 2024**  
4pm-6:30 pm

Click to register

🍴 Food 🎮 Games & Activities 🎁 Gift

Location: 601 Murlen Road, Suite 12 A, Olathe

**Teen Self-Mas**  
AT THE NORTH POLE

**DECEMBER 21, 2024**  
5pm-8pm

Click to register

🍴 Food 🎮 Games & Activities 🎁 Gifts

**HAVE YOURSELF A MERRY LITTLE SELF-MAS**

📅 Date: December 15, 2024  
🕒 Time: 4:00 PM – 6:30 PM  
📍 Location: 601 Murlen Road, Suite 12 A, Olathe, KS  
👗 Dress Code: Red or Green with Bling  
💰 Price: \$35

*Treat yourself this holiday season!  
Join us for an evening of mindfulness, self-care planning,  
fun games, festive crafting, and gratitude reflection.  
Unwind, recharge, and celebrate you! ❤️*

**TEEN SELF-MAS AT THE NORTH POLE**

📅 Date: December 21, 2024  
🕒 Time: 5:00 PM – 8:00 PM  
📍 Location: 601 Murlen Road, Suite 12 A, Olathe, KS  
👗 Dress Code: North Pole-themed onesies  
💰 Price: \$25 per kid  
🍴 Menu: Taco Bar

Celebrate the magic of the season with a fun and interactive night designed specifically for teens!  
This event combines holiday-themed self-care activities, games, and creative outlets to help teens unwind, connect, and build emotional resiliency during the holiday season.

**ALL I WANT FOR COUPLES MAS IS YOU**

**December 28, 2024**  
5PM-8PM

Click to register

🍴 Food 🎮 Games & Activities 🎁 Gifts

**All I Want for Couples-Mas Is You** ❤️

📅 Date: December 28, 2024  
🕒 Time: 5:00 PM – 8:00 PM  
👗 Dress Code: Christmas Couple (e.g., Mr. & Mrs. Claus, elves, reindeer)  
💰 Price: \$55 per couple

Reignite your connection this holiday season with a night designed to support couples' mental health and relationship resiliency. Through holiday-themed activities, communication exercises, and creative games, partners will strengthen their bond and build tools to navigate holiday stress together.

🍴 Menu:  
Savory bites: Meatballs, Sliders, and Dips  
Fresh Fruit Trays & Veggie Trays

**OUR ALL EVENTS WILL BE LIVE ON SITE TEN DAYS BEFORE THE EVENT FOR REGISTRATIONS.**

🌟 **Win a Dream Trip!** 🌟

**One lucky client who follows, likes, and subscribes to our Instagram, YouTube, and Facebook pages will win an exclusive trip!** 🎁🌴

**Don't miss your chance – join now and stay connected!** 📧

WEBSITE:  
<https://www.riseupresiliencycenter.com/>

📞 (888) 913-7872

**PLEASE SUBSCRIBE TO OUR NEWSLETTER**