

NEW YEAR & RESILIENT YOU!

**RISE UP RESILIENCY CENTER
NEWSLETTER**

JANUARY 2025



Accepting new clients

Schedule a free 15-minute phone consultation today and discover more!

BOOK NOW

SADE'S NEW MILESTONE!

We are thrilled to announce that Sade has achieved a new milestone by earning her certification as a Licensed Clinical Professional Counselor (LCPC)!

Accepting new insurances through Headway!



REMINDERS

<p>1 </p> <p>Billing Inquiries:</p> <p>Email to billing@riseupresiliencycenter.com</p>	<p>2 </p> <p>Communication with Clinicians:</p> <p>Use Secure Messaging via the Simple Practice portal.</p>	<p>3 </p> <p>Communication On-Call :</p> <p>Leave a voicemail at (888) 913-7872 Ext 0</p>
<p>4 </p> <p>Manage scheduling and rescheduling through the Simple Practice portal.</p>	<p>5 </p> <p>For session cancellations Please use the Simple Practice portal.</p>	<p>6 </p> <p>24 Hour Notice</p> <p>A 24-hour notice is required to avoid late fees for session cancellations.</p>

CLOSED

RURC

CLOSED

OBSERVED HOLIDAYS

Martin Luther King Jr. Day

MONDAY,

01/20



Meditation Mondays

Feeling overwhelmed?

TUNE IN!

#Hashtag Campaign

Share your story, tips, or a message of hope. Tag us and get a special surprise!

#RURCTherapy #RiseUpResiliency
#NewYou #MeditationMonday
#GetItRight

GET IT RIGHT. GET IT TIGHT.

Launching soon!

GET IT RIGHT. GET IT TIGHT. PROGRAM

TBA

JOIN ME WEEKLY

MONDAY - FRIDAY 9 AM

LIVE

FOR MENTAL HEALTH MINUTES

With Sade

RURC_THERAPY

SADE GARR MA, LCPC, NCC
LICENSE PROFESSIONAL COUNSELOR & SELF-CARE COACH

We're Open for Referrals!

IF YOU KNOW SOMEONE STRUGGLING WITH ANXIETY, DEPRESSION, TRAUMA, OR RELATIONAL CHALLENGES, WE'RE HERE TO HELP.

Refer here!

Stay connected!