



REFLECTIVE SOUL THERAPY & WELLNESS

EMPOWERING WELLNESS, INSIDE & OUT

August 2025 Newsletter

Your Monthly Dose of Wellness, Growth, and Support

Dear Reflective Soul Community,

Welcome to the very first edition of the *Reflective Soul Therapy & Wellness Newsletter*! Each month, we'll be sharing upcoming events, wellness tips from our expert team, and insights to support your mental, physical, and emotional health. Whether you're a returning client or just getting to know us, we're grateful you're here.

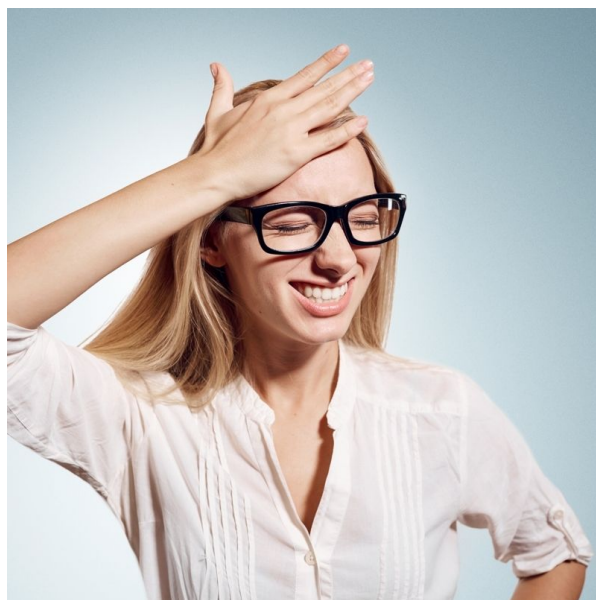
Upcoming Events

We're excited to offer several upcoming impactful educational events, designed to support your body and mind. **You won't want to miss these!**



Your Immunity Toolbox

Join Dr. Ali McMillan, Naturopathic Doctor, for an engaging and informative



Scattered to Structured

Join Michelle (Registered Clinical Counsellor) for an empowering and

session where you'll build a personalized toolkit to support your immune system year-round supplements are effective at preventing colds and which ones are overhyped.

Date: August 12, 2025

Time: 6:00 - 7:30 pm

Cost: Free

[Learn more](#)



Focus Forward: A parents guide to ADHD

Join us for a practical and supportive session designed to help parents better understand and navigate ADHD. Learn how to support your child with effective tools, strategies, and communication techniques that foster growth, confidence, and connection.

Educator: Michelle (Registered Clinical Counsellor)

Date: September 23, 2025

Time: 6:00 - 7:30pm

informative psychoeducational class designed to help adults better understand ADHD and build skills for improved daily functioning.

Date: August 26, 2025

Time: 6:00 - 7:30 pm

Cost: \$57.96

[Learn more](#)



“The beautiful thing about learning is that nobody can take that away from you!”

BB. King

Cost: \$55.20

[Learn more](#)

Health & Wellness

Wellness Tip of the Month ▯ Body Awareness for Emotional Health ▯

“Your body whispers before it screams.”

When we ignore early signs of stress—tight shoulders, headaches, racing thoughts—those signals often get louder. This month, practice a daily body scan: pause for just one minute, close your eyes, and ask, *“What am I feeling right now, and what do I need?”* Tuning in helps prevent burnout and deepens your connection with yourself.

Bone Density Screening Opportunity

Reflective Soul Therapy & Wellness in Kelowna will host BoneHealth BC, a company providing convenient assessments of bone health. A Bone Mineral Density scan is a viable tool for determining bone health, assessing osteoporosis, and guiding preventative treatment measures to reduce the risk of fractures and bone strength.



BENEFITS:

- ✓ Early detection of Osteoporosis and Osteopenia
- ✓ Monitoring treatment efficacy
- ✓ Guidelines for lifestyle change
- ✓ Early detection of other conditions

[Learn more](#)

Did you Know?

Reflective Soul Therapy & Wellness is committed to providing a comprehensive wellness center that supports the holistic well-being of individuals seeking both mental health and integrative care. Our facility offers a diverse array of services designed to work in harmony including:

- ▯ **Counselling**
- ▯ **Naturopathic Medicine**
- ▯ **Acupuncture**
- ▯ **Nutritional Coaching & Personal Training**

At the heart of our mission is the belief in treating the whole person—mind, body, and soul—offering integrated care that goes beyond isolated symptoms to promote true, lasting wellness.

All of our Clinical Counsellors are trained in **Accelerated Resolution Therapy (ART)**, a cutting-edge, evidence-based approach that helps individuals rapidly process and resolve trauma, anxiety, depression, phobias, grief, and more. ART uses a combination of guided imagery, memory reconsolidation, and eye movements to bring quick and lasting relief—often within just a few sessions. Clients report feeling empowered, lighter, and more in control of their healing journey.

By integrating powerful therapeutic modalities like ART into a larger wellness framework, Reflective Soul Therapy & Wellness offers a truly unique and effective path to healing.

Wellness Retreat Coming Soon



▮ 2026 Wellness Retreat Interest Survey

We're planning something truly special for February 2026—a rejuvenating and restorative wellness retreat in a warm, oceanside destination. As we design this transformative experience, we want to hear from *you*. Your input will help us create a retreat that nurtures your mind, body, and soul in all the right ways. Trust me, you will not want to miss this retreat!!!

This short survey will guide us in building a meaningful, healing, and personalized experience.

[Start Survey](#)

Social Media Access

Looking to learn more, we offer great educational information in our blogposts.

[Read Our Blog Posts Here](#)





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