



March 2026 Newsletter

Your Monthly Dose of Wellness, Growth, and Support

Feeling Stuck? Your Mind & Body Might Need This...



In this issue

-  **Mental Health Spotlight:** Why Your Brain Keeps Scanning For Problems
-  **Health Spotlight:** Mindful Eating
-  **Wellness Spotlight:** The Hidden Link Between Nutrition & Anxiety
-  **Healthy Recipe:** Anti-Inflammatory Cherry Spinach Smoothy
-  **Practitioner Spotlight:** Meet Our New Counsellor Darcy Kuhl
-  **Events:** Learn About Our Upcoming Couples
-  **Clinic Update:** Counselling Rate Increase Effective April 1
-  **Recommendations Resources:** Therapist Recommended Books

[Explore This Month's Edition](#)

Recommended Resources



To learn more, click on the links below:

1. [**Why Has Nobody Told Me This Before?**](#) - Author Dr. Julie Smith
2. [**Atomic Habits**](#) - Author James Clear
3. [**Atomic Habits Workbook**](#) - Author James Clear
4. [**The Gifts of Imperfection**](#) - Author Brené Brown
5. [**The Body Keeps The Score**](#) - Author Bessel Van Der Kolk



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