



## The F.L. Wolters Group Spring Newsletter 2023 April 2023

---

### Spring Brings Growth: Two New Therapists Join Our Practice

Spring has sprung and with it has come new growth for the F.L. Wolters Group! We have recently hired two new clinicians, Brittany Silver and Emily Partigan, and we are excited to welcome them to the team.



Brittany (pictured to the left) is a Licensed Graduate Professional Counselor (LGPC) who earned her M.A. in Rehabilitation Counseling from George Washington University. She believes that everyone deserves to be loved, seen, and heard, and that all are worthy of living the life they want. Brittany works with her clients to uncover their true identities and work towards building the life they want to live. To learn more about Brittany, [see our recent Instagram post!](#)

Emily (pictured to the right), also an LGPC, obtained her M.A. in Professional Mental Health Counseling from Lewis & Clark College. She is passionate about providing a safe space for Black, Indigenous and People of Color (BIPOC) as well as for Lesbian, Gay, Bisexual,



Transgender and Queer (LGBTQ+) clients. Emily enjoys working collaboratively with clients and utilizing a compassionate, person centered, holistic approach to help clients reach their goals. To learn more about her, [watch this short video.](#)

### First Mindfulness & Meditation Group Saw Participants Gain Coping Tools



Our winter Mindfulness & Meditation Group ran online from January through March, led by our Patient Care Coordinator, Caitrin McKee, who is also a yoga teacher. The weekly sessions covered mindfulness of the body, breath, sounds, thoughts and emotions as well as loving-kindness (“metta”), self-compassion and resilience. Caitrin also offered a bonus week of gentle and restorative yoga. She facilitated guided meditations every week, as well as discussions in which the eight participants shared how the practices had impacted them. Among other tools,

the group practiced body scans, thought labeling and R.A.I.N., a meditation practice created by psychologist and meditation teacher Tara Brach that can be helpful for challenging emotions.

In a post-group evaluation survey, all respondents agreed with the statements that they had “learned coping tools to live a happier life,” and “learned more about meditation” while several reported reduced anxiety and improved mood. One participant shared this comment: “I had a wonderful time and my appreciation only grew as the weeks went on. I really thank Caitrin and the FL Wolters Group for offering this service. It was great to be in a class with others as well and share thoughts.” If you’re interested in participating in a future version of this group, email [caitrin@flwoltersgroup.com](mailto:caitrin@flwoltersgroup.com) to let her know!

Photo Credit: [Deposit Photos](#)

## Team to Lead “WELLderness” Workshops at Kenilworth Aquatic Gardens



The F.L. Wolters Group team will be offering six (6) free therapy-focused workshops as part of the Kenilworth Aquatic Gardens’ “WELLderness: an Outdoor Wellness Series.” Past WELLderness events have included yoga, tai chi, forest bathing, painting and live music. Our practice will be leading workshops focused on mindfulness and meditation, intuitive eating, grief, and creative expression and emotion regulation, in addition to facilitating special “Ask a Therapist” Q&A sessions. If you have any

questions you’d like to ask about therapy, please email them anonymously to [shannah@fokag.org](mailto:shannah@fokag.org) and we’ll answer them at the events!

The WELLderness series is set to take place at the Gardens (pictured above) on the first and third Saturdays of the month between May and October. We will be leading early afternoon sessions on May 6th, June 3rd, June 17th, September 16th, September 30th and Oct 4th. While priority registration for WELLderness events will go to residents of DC’s Wards 7 and 8, anyone 14 and over is welcome to participate in our therapy workshops. You can visit [Kenilworth Aquatic Gardens on Eventbrite](#) to register for the WELLderness events.

Photo Credit: [Judy Gallagher](#)

## Moving to Our Own Space at 1627 K St. NW in May



The office space we use for in-person appointments will be moving very soon, but no worries, we’re not going very far! In fact, we’re relocating to the building next door to our current space. By May we will be located at 1627 K. St. NW, suite 400, right by Farragut Square (pictured above), and the space will be all ours. We’re excited to be able to decorate the office and expand our in-person presence soon. We look forward to seeing you there!

Photo Credit: [APK, CC BY-SA 4.0](#), via Wikimedia Commons

For all the latest news, be sure to [follow us on Instagram](#) (@flwoltersgroup)!