



September

Renewal Counseling & Wellness

September Spotlight: Suicide Prevention

This month, we are honored to share the story of one of our clients who has chosen to speak openly about their experience with loss, grief, and mental health.

“On February 24, 2024, my mother committed suicide by jumping from the 8th-floor roof of her apartment building. She was 52. She had been struggling with Type 1 Bipolar disorder for years and had been hospitalized nearly a dozen times.

Her suicide has been undoubtedly the most difficult challenge I’ve faced. To lose her so suddenly, and in such a brutal and final way, closed the door on any chance to address or resolve old issues or disagreements we may have had.

It’s been a year and a half since her death, and learning how to process and navigate my emotions has probably been the hardest part. I carry a mix of pity for her struggles and resentment for leaving behind so much pain. It brought up old feelings of abandonment and neglect from my childhood and left me holding a lot of emotional weight on my own.

On top of that, mental health struggles are a sensitive and often taboo topic in my culture. To this day, her suicide is rarely mentioned, and I’ve lost friends and family connections because people didn’t know how to check in on me or my family. Over time, it can feel like the good memories fade, leaving mostly the sadness. This has made grieving a very lonely and isolating process.

At the same time, small things still bring her closer to me. Seeing a cardinal (her favorite bird) flying between trees always reminds me of her, and cooking a recipe from her beloved cookbooks makes me feel more connected her. It’s moments like these that remind me that there is still love and joy in there, coexisting with the pain and sadness.

I’ve come to understand that my mother was a complicated woman who lost her life in horrific and complex circumstances. Her death, though monumental in its impact, does not define who she was. She was incredibly smart, curious about the world and other cultures, and often displayed an incredible amount of optimism. I hope I can carry some of that with me.

Her death does not define her, but it has taught me the importance of speaking openly about mental health, seeking help when needed, and normalizing conversations about suicide. I hope that sharing my experience can empower others to talk about their own struggles as well.”

Their story is a reminder that grief is never linear, and healing often means holding both pain and love at the same time. We are grateful for their courage in sharing.



Hello & Welcome

Welcome to the First Renewal Counseling & Wellness (RCW) Newsletter! At RCW, we believe that mental health care should feel approachable, supportive, and empowering. Whether you’re navigating life’s challenges or simply exploring new tools for emotional wellness, this newsletter is designed with you in mind.

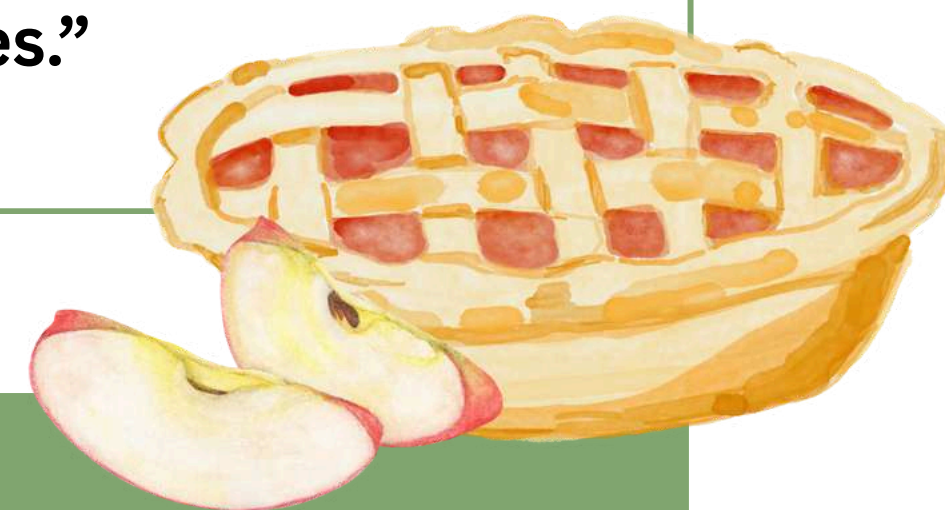
Here, you’ll find practical strategies, therapeutic resources you can start using right away, and insights to support your journey toward growth and resilience. Our goal is to make mental health care not only accessible, but also deeply relevant to your everyday life—helping you feel supported, connected, and empowered every step of the way.

Looking Back: Summer Highlights

This summer brought exciting growth and connection at Renewal Counseling & Wellness! We welcomed several wonderful additions to our **RCW team**:

- Lauren Doroski, LCSW
- Esther Maeng, MSW Supervisee
- Francesca DeSarno, Content & Community Specialist
- Katie Bloom, Psychology & Public Health Intern, Goucher College
- Erin Hitt, MSW Intern, George Mason University

On August 20th, we hosted an Open House to introduce our upcoming **Workshop Series**:
“Healing Our Relationship with Food and Our Bodies.”



Out & About: Things to Do

The Prince William **Out of the Darkness Walk** takes place on September 7, 2025, at the Harris Pavilion in Manassas to raise awareness and funds for suicide prevention.

Hosted by the AFSP, the event includes a community walk, opening ceremony, and activities to honor those affected by suicide. To sign up, visit the event page and click the registration link. Participation is free, and fundraising is encouraged to support the cause.

<https://afspwalks.donordrive.com/PWC>



Resource Roundup



Use the app **Grid Diary** to boost your mental health by answering its daily guided prompts, which help you reflect, track moods, and build positive habits.

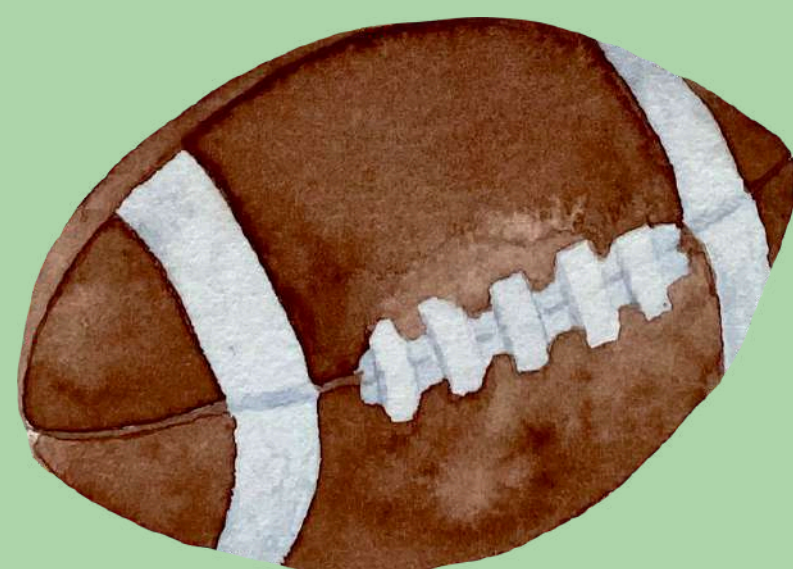
Team Member Favorites

Touchdown Corn Dip

Racquel's favorite recipe! Perfect for football games, tailgates, or any time you need a crowd-pleasing appetizer, this hot corn dip is cheesy, spicy, and totally addictive!

Ingredients:

- 2 cans Mexican corn, drained
- 2 cups shredded cheddar cheese
- 1 cup mayonnaise
- ¼ cup grated Parmesan cheese
- Chopped jalapeños (to taste)



Directions:

1. Preheat oven to 375–400°F.
2. In a large bowl, mix all ingredients until well combined.
3. Spread mixture into a baking dish.
4. Bake until hot and bubbly
5. Serve warm with tortilla chips.

Whether you're hosting a watch party or bringing a dish to share, this dip is guaranteed to disappear fast—don't forget extra chips!



What's Trending?

Fall Fashion

This fall, style is all about mixing comfort with a little boldness for both men and women.



For men, suede and leather jackets, jewel-toned suits, and warm colors like brown and red are in, while skinny jeans and fitted jackets bring back a sharp look. Outerwear is big this season, with everything from long leather trench coats to soft, patterned cardigans. Casual layers like flannels and Western-inspired pieces with plaid or fringe add a relaxed vibe.

For women, flowy blouses, embroidered jackets, and maxi skirts bring in a boho feel, while clean, modern looks in purple and other rich colors stand out too. Shoes are making a statement across the board, with cow print and snakeskin boots being especially popular.

Upcoming Events & Workshops



DISCOVER HOW YOGA CAN HELP YOU EAT MINDFULLY, BUILD RESILIENCE, AND FEEL BETTER IN YOUR BODY.



EXPLORE YOGA

Discover mindful movement practices that support body awareness, emotional wellbeing, and physical vitality.



BUILD RESILIENCE

Learn to make meaning of mental health challenges, and use this insight to make positive changes in how you eat, move, and build your life.



EAT MINDFULLY

Explore practices to help you tap into hunger and fullness signals and eat according to your body's unique needs.

EAT BREATHE THRIVE

DATES & TIMES: Thursdays from 6-8 p.m. EST
September 18th-October 30th 2025

LOCATION: 10560 Main Street, Suite 310
Fairfax, Virginia 22030

COST: Early bird rate of \$299.00 until September 1st, \$395.00 thereafter.

Scholarships available by application.
CONTACT: kristaoberlander866@gmail.com

LEARN MORE: www.eatbreatheandthrive.org/series

Apply now to join us! → WWW.EATBREATHEANDTHRIVE.ORG/JOIN-US



MEET YOUR GROUP FACILITATOR:



Krista Oberlander, LCSW, RYT-500
Racquel Seneraro, LCSW
Laurie Best, LPC, ERYT-100

Email racquel@rcw.care for more information and registration

Stay Connected

We'd love to stay connected with you outside of the newsletter! Follow us on social media for resources, updates, and encouragement:

Instagram: [@rcwcare](https://www.instagram.com/rcwcare)

Facebook: [RCW Virginia](https://www.facebook.com/RCWVirginia)

If you'd like to make an appointment, the quickest way to reach us is by emailing info@rcw.care. You can also visit our website for more information.

As always, please remember that email and social media are not confidential ways to share personal concerns. For your privacy, we encourage reaching out directly through our secure channels when discussing care.

Finally, we want to remind you to practice self-compassion—healing takes time, and you deserve kindness along the way.

