



## October Spotlight: Breast Cancer Awareness

October is Breast Cancer Awareness Month, a time to recognize the strength of those living with breast cancer and to support the loved ones walking alongside them. A diagnosis—whether your own or that of a close friend or family member—can stir feelings of fear, uncertainty, sadness, or even guilt. It's important to remember that these emotions are valid and that taking care of your mental health is just as important as caring for your physical health. If you or someone close to you has been diagnosed, consider leaning on support systems such as counseling, support groups, or trusted friends who can provide a listening ear. Small practices like journaling, mindfulness, light exercise, or simply making space to rest can ease stress and provide moments of calm. Remember, you don't have to carry the weight of this experience alone. Resources are available through organizations like the National Breast Cancer Foundation, which offer guidance for both patients and families on navigating life during and after treatment. This month and always, let's stand together in compassion, awareness, and support—for ourselves, our loved ones, and all those impacted by breast cancer.



## Renewal Counseling & Wellness

### Welcome & September Highlights

We're so excited to welcome you to another edition of the RCW Newsletter! Our very first issue launched last month, and the positive feedback and enthusiasm for future editions have been wonderful. Thank you for being part of this growing community!

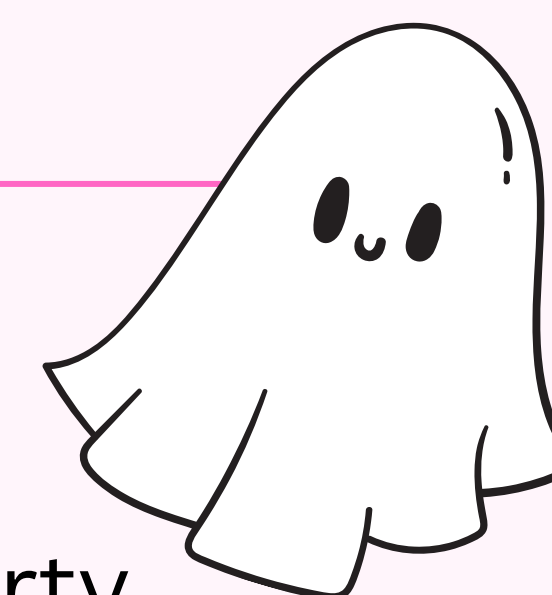
September was an exciting month at RCW! One of the biggest moments was our participation in the Out of the Darkness Walk on September 7th.

We are deeply grateful to everyone who walked alongside us and supported this important cause.

Through the funds raised for the American Foundation for Suicide Prevention (AFSP), we are helping make a difference in: Mental health education and awareness, group facilitator training, youth suicide prevention outreach and programming, and ongoing research. Together, we're building hope and creating change.

### Halloween Safety

Halloween fun isn't just for kids, it's important for adults to stay safe too. If you're attending a party or event, plan a safe ride home in advance. Choose costumes that are comfortable, visible in the dark, and won't obstruct your vision. If you're driving on Halloween night, be extra cautious in neighborhoods and watch for trick-or-treaters. With a little planning, you can enjoy the festivities while keeping safety a priority.



### Out and About: Halloween Fun Edition

#### Cox Farms Fall Festival (Centreville, VA)

A seasonal favorite with hayrides, pumpkin picking, and the famous Fields of Fear for those who love a good scare.

#### Alexandria Ghost Tours (Alexandria, VA)

Step back in time with a lantern-lit walking tour through Old Town's haunted streets, perfect for spooky season!

#### Pumpkin Village at Leesburg Animal Park (Leesburg, VA)

Family-friendly fun with pumpkins, slides, a petting zoo, and seasonal treats.



### Resource Roundup

Both women and men can be affected by breast cancer. The National Breast Cancer Foundation offers free resources for everyone—from early detection strategies to guidance on life after treatment.





## Team Member Favorites

This fall, Anastasia is enjoying some of her favorite seasonal traditions. One of her go-to activities is spending a crisp afternoon apple picking, which always feels like the perfect way to welcome autumn. When Halloween rolls around, you can find her watching Tim Burton movies to get into the spooky spirit. To stay cozy as the weather cools down, Anastasia loves sipping on a chai tea or hot matcha latte. She also thinks fall is the perfect time for camping with friends or family—especially before it gets too cold—and notes that Northern Virginia has plenty of great campsite options to explore.



## Client Corner

We want to hear from you! Client Corner is a space where we share stories, highlights, and feedback from our amazing clients. Whether it's a recent success, a favorite quote, or a special moment, this is your chance to be featured in our upcoming newsletters.

If you'd like to share, simply click the link below to submit your story—we can't wait to spotlight your experiences!



[Client Corner Submission](#)

## October Focus & Upcoming Events

Fall is a season of change—an opportunity to acknowledge our feelings, release what no longer serves us, and embrace growth. The RCW team invites you to join us in a simple reflection activity: take a moment to write down three things—whether thoughts, habits, fears, or burdens—that you're ready to let go of this season.

### Breast Cancer Awareness Month

October is Breast Cancer Awareness Month, and one special way to get involved is Wear It Pink Day on October 24, 2025. This annual event invites everyone to wear pink clothing or accessories to show solidarity with those affected by breast cancer while raising funds for research and support services.

### World Mental Health Day – October 10th

This year's theme is "Access to Services – Mental Health in Catastrophes and Emergencies." To learn more, visit: [wmhdofficial.com](https://wmhdofficial.com) [who.int](https://who.int). Grab a complimentary "Mental Health Goodie Bag" when you come into the office for appointments this month!

### Giving Back This Holiday Season

As the holiday months approach, RCW will be participating in community projects to support those in need. Stay tuned for updates and watch your email for opportunities to get involved!

## 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](#)

Facebook: [RCW Virginia](#)

If you'd like to make an appointment, virtual or in-person, the quickest way to reach us is by emailing [info@rcw.care](mailto: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.