



# February

## Renewal Counseling & Wellness

### Welcome

Welcome back! As we step into February, we're excited to reconnect and continue supporting you through the season ahead. This month is often associated with love and connection, but it's also a great time to focus on self-compassion, emotional well-being, and meaningful relationships, starting with the one you have with yourself. We're grateful to have you as part of the RCW community and look forward to sharing helpful resources, upcoming offerings, and moments of encouragement with you this month.

### Healthy Relationships & Dating

February often brings extra focus to relationships, which can stir up a wide range of emotions, from connection and excitement to uncertainty or self-doubt. Whether you're dating, in a long-term partnership, navigating a breakup, or focusing on yourself, relationships can have a significant impact on mental health.

Healthy relationships are built on communication, boundaries, trust, and mutual respect, and they don't require perfection to be meaningful.

Therapy can be a supportive space to explore relationship patterns, strengthen communication skills, and better understand your needs and values. It can also help individuals navigate dating anxiety, heal after difficult relationships, or build healthier connections moving forward. Wherever you are in your relationship journey, support can help you approach connections with greater clarity, confidence, and self-compassion.

### February Check-In

February is a great time for a mental check-in. If the winter routine is feeling a little stale or stress has been piling up, counseling can help bring fresh perspective and practical tools to navigate daily life. It's a space to talk things through, reset habits, and refocus on what matters most, no crisis required. A little support can go a long way toward feeling more energized and grounded.

### Resource Roundup: Affirmations

Affirmations can be a helpful tool for building self-compassion and shifting unhelpful thought patterns when practiced with intention. For guided practices, apps like Calm and Insight Timer provide short, accessible affirmation exercises. If you prefer a visual approach, Pinterest is a great place to find printable affirmations and creative inspiration.

### 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](#)



## February Upcoming Events

This month at RCW, we're focusing on reconnecting with balance and intentional self-care. We're excited to launch our new Mind-Body Balance Group, designed to support the connection between mental and physical well-being in a supportive, therapeutic space. Along with this new offering, we'll be sharing resources, activities, and reminders to help you stay grounded and supported throughout February.

### Renewal Counseling & Wellness

#### **MIND-BODY BALANCE: WOMEN & WEIGHT - LOSS MEDICATION**

A 6-week virtual group for women taking weight-loss medication who want the side effects to include calm. Using breathwork, movement, and guided reflection, we support body trust, stress relief, and a gentler approach to transformation.

- Thursdays from 6:30pm to 8pm
- Start Date: February 5, 2026
- 6 week Group + Bonus session
- Payment: Insurance, Self Pay (\$35), or Financial Assistance if Needed

For more information or to sign up, contact [info@rcw.care](mailto:info@rcw.care), [kristaoberlander866@gmail.com](mailto:kristaoberlander866@gmail.com), or 703-472-6291



## February Spotlight: Seasonal Affective Disorder

As winter continues and daylight remains limited, many people notice shifts in energy, mood, and motivation. While feeling more tired or low during this season can be common, some experience symptoms that are more persistent and impactful. Seasonal Affective Disorder (SAD) is a form of depression linked to reduced sunlight and changes in daily rhythms, and it can affect sleep, concentration, appetite, and overall emotional well-being.

Small, gentle practices can help support mental health during the winter months. Increasing exposure to natural light, such as sitting near a window in the morning, spending brief time outdoors, or using a light therapy lamp, can help regulate mood and energy. Light movement, emotional check-ins, and simple grounding practices can also provide support without feeling overwhelming. Creating cozy routines and prioritizing low-pressure connection with others may help ease feelings of isolation during this time.

If winter symptoms begin to feel heavy or interfere with daily life, professional support can be helpful. Therapy offers a space to better understand seasonal mood changes, build coping strategies, and receive support tailored to your needs. You don't have to navigate this season alone—help is available, and reaching out is a meaningful step toward feeling more grounded and supported.

## Stay Connected

We'd love to stay connected beyond the newsletter! Follow us on social media for helpful resources, updates, and ongoing encouragement:

Instagram: @rcwcare

Facebook: RCW Virginia

If you're interested in scheduling 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 to learn more about our services.

Please remember that email and social media are not confidential platforms. To protect your privacy, we encourage reaching out through our secure channels when discussing personal or care-related concerns.

As always, we invite you to lead with self-compassion. Healing is not linear, and taking things one step at a time is more than enough.

