



March

Renewal Counseling & Wellness

Welcome & February Highlights

Welcome to March! As we head into a new month, we're excited for fresh opportunities to connect and serve together. February was such a meaningful time for RCW, we were thrilled to welcome Sophia to our group and are so happy to have her with us! We also spent time giving back by creating heartfelt cards for residents at a local assisted living facility, spreading a little extra kindness and joy in our community. Thank you to everyone who helped make last month so special!

Resource Roundup: Habit App

This free habit-tracking app helps you build routines by setting goals, tracking progress, and using gentle reminders to stay consistent. A great tool for starting small and creating sustainable habits during your spring reset.



March Spotlight: Spring Reset

As the seasons begin to change, March is a natural time to check in with your mental health and gently reset, not by overhauling your life, but by making small, intentional shifts. A "spring reset" can look like simplifying routines, setting realistic expectations, getting outside more, or simply giving yourself permission to start fresh after a long winter. Mental wellness doesn't require perfection; it often starts with small habits that help you feel a little more grounded, a little more present, and a little more like yourself. This month, focus on progress over pressure and remember that even tiny changes can create more good days over time.

Cherry Blossom Festival

Celebrate the beauty of spring during the National Cherry Blossom Festival, a reminder to slow down and enjoy moments of renewal. This takes place starting March 20th!



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](#)



Team Member Spotlight: Sophia

Hi everyone! I'm so excited to be part of the RCW team. During grad school, I completed my clinical internship in an eating disorder PHP/IOP setting, which I really enjoyed, but I knew I wanted to work somewhere that would expose me to a wider range of clients and experiences.

RCW felt like the perfect place for that, and after meeting Racquel and the team, I knew it was a great fit, everyone is so kind, genuine, and fun to be around!

My favorite part of this role is getting to connect with people and hear their stories, especially those I might not have met otherwise.

This March, I'm focusing on increasing joyful movement, doing exercise that feels good instead of punishing. For me, that looks like volleyball, weightlifting, and walking outside. I'm hoping to stay more consistent with lifting and walking as the weather gets warmer.

When things feel busy, I like to recharge by taking time for myself, whether that's watching TV, going for a walk, or cleaning up my space so I can fully relax.

Fun fact: I love to cook and bake!



March Upcoming Events

March is full of exciting events! We're kicking things off with our Spring Reset Drive (see details below), a great opportunity to refresh and give back. We'll also be sharing tips and resources for a Safe Spring Break to help everyone stay healthy and prepared. Don't forget to wear your green for St. Patrick's Day and set your clocks forward for Daylight Savings, brighter days are ahead!

Renewal Counseling & Wellness

Spring Drive

Help us collect essential hygiene and household items to support families in crisis in Fairfax County.

Collection Date:
March 1-31st

Drop-off Location:
Renewal Counseling & Wellness office collection box

Most needed items:

- Laundry detergent
- Toilet paper
- Shampoo/Conditioner/2-in-1/Shampoo for textured hair
- Deodorant
- Body wash
- Feminine hygiene products (pads/tampons)
- Dental hygiene: Toothpaste, toothbrushes (preferably one per package), floss, mouthwash
- Bar soap
- Paper towels
- Diapers (all sizes)
- Diaper wipes
- All-purpose cleaning spray
- Dish soap

Thank you for supporting Britepaths with your donation!

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. 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.