



September

Renewal Counseling & Wellness

September Spotlight: Suicide Prevention

September is Suicide Prevention Awareness Month, a time to raise awareness, reduce stigma, and remind people that hope and help are available.

Suicide prevention starts with connection. Checking in, listening without judgment, and taking concerns seriously can make a meaningful difference.

Know the signs:

Changes in mood or behavior, withdrawing from others, feeling hopeless or like a burden, increased substance use, talking about death or wanting to disappear, or saying unexpected goodbyes.

If you're worried about someone, ask directly, listen, and help them connect with support. You don't need to have all the answers to be there for someone.

Check in. Listen. Stay connected.

Welcome & August Highlights

Welcome back! As we head into September, we're excited to reflect on a wonderful August filled with community connection, generosity, and preparing local students for a successful school year.

One of this month's highlights was our continued support of Fairfax County Public Schools (FCPS) through our school supply and backpack initiatives. A huge thank you to everyone who donated, participated, or helped spread the word! Your generosity continues to help RCW strengthen and support the community we serve.

August also brought some exciting additions to the RCW team! We're happy to welcome Evan, our new intern, and Isabella, our new supervisee, as well as welcome Erin back to RCW as a supervisee. We're excited to have them as part of the RCW community and look forward to all they'll bring to the team.

As we move into September, we look forward to another month of connection, awareness, growth, and opportunities to make a difference!

RCW College Football Pick 'Em

Think you know college football? Put your picks to the test! Pick the winner of each matchup:

Texas @ Tennessee

Iowa @ Michigan

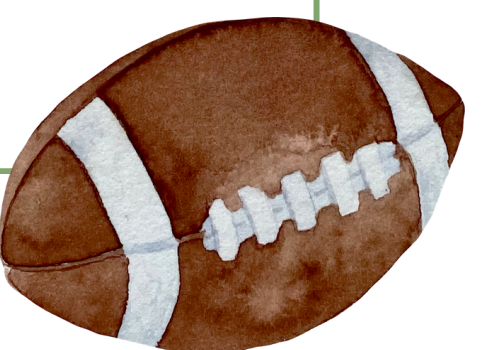
Texas A&M @ LSU

Oklahoma @ Georgia

Oregon @ USC

Send in your picks before kickoff on Saturday, September 26!

Each correct pick = 1 point. The person with the most correct picks takes the win, and most importantly, RCW bragging rights!



Suicide Prevention Resources

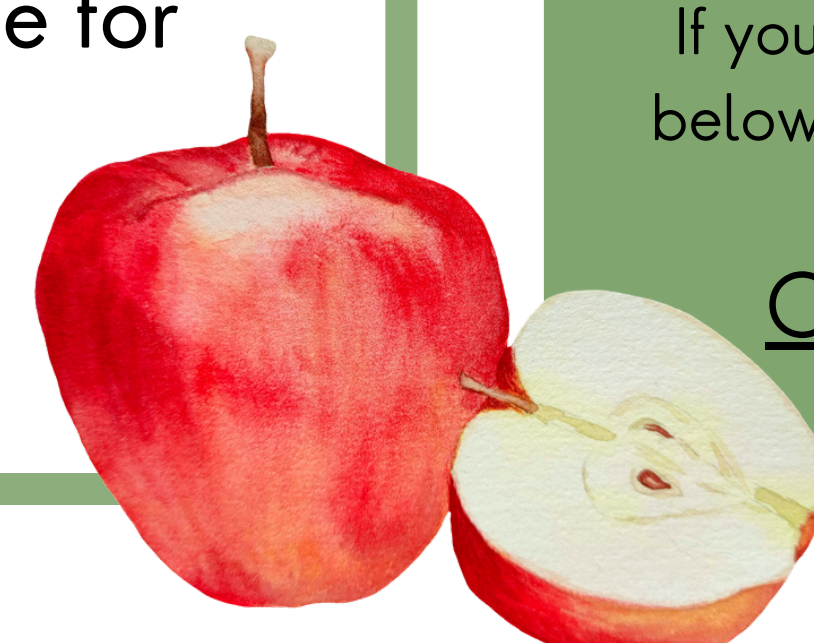
988 Suicide & Crisis Lifeline

Call or text 988 for free, confidential crisis support 24/7. You can reach out for yourself or someone you are concerned about.

[FindSupport.gov](https://findsupport.gov)

Find mental health resources, treatment options, and guidance for supporting yourself or someone you care about.

In an immediate, life-threatening emergency, call 911.



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](#)

September Challenge: Hit 300 Golf Balls for a Cause!

Looking for a fun way to get moving and support an important cause this September? The American Cancer Society (ACS) is inviting participants to take on its Hit 300 Golf Balls in September Challenge!

The goal is simple: hit 300 golf balls throughout the month of September while raising funds to support the American Cancer Society's mission. Donations help fund cancer research, advocacy, patient programs and services, and ACS's free 24/7 cancer helpline.

Registration is completely free, and participants can create a personal Facebook fundraising page, choose their own fundraising goal, and invite friends and family to support their challenge. ACS also provides a printable tracker so you can record your progress toward 300.

The Challenge: Hit 300 golf balls in September

The Cause: Support the American Cancer Society

Fundraising Goal: You choose your own goal

Bonus: Receive \$25 in donations to become eligible for a challenge T-shirt

Registration: Open through September 30, 2026

You don't have to be an experienced golfer to participate, and you can adjust the challenge to fit your own goals and abilities. Every golf ball hit, and every dollar raised, is a chance to support the fight against cancer.

Grab some clubs, track your progress, and see if you can reach 300 by the end of September!

[Click here for info!](#)



September at RCW

September brings new opportunities for support, connection, and growth at RCW! This month, we're offering two groups designed to provide a supportive space to learn, connect, and build practical skills.

Divorce Group

Our Divorce Group offers support and connection for individuals navigating the emotional and practical challenges that can come with separation and divorce.

Anger Management Group- Starting September 17

Our Anger Management Group will focus on understanding anger, identifying triggers, strengthening communication, and developing healthier strategies for managing difficult emotions.

Interested in learning more or joining a group?

See the flyers attached to this newsletter for additional details, or contact us at info@rcw.care.

We look forward to another month of supporting our community at RCW!

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.

