



MONTHLY NEWSLETTER

July 2024

Volume 1, Issue 2

Through our monthly newsletters, Let's Talk About aims to educate and connect with our clients by raising awareness on issues that pertain to mental health - our specialty.

Your story matters and so do YOU!

JULY IS MINORITY MENTAL HEALTH AWARENESS MONTH

STRENGTH IN COMMUNITIES

July is recognized as Minority Mental Health Awareness Month in the United States. It's a time dedicated to raising awareness about the unique mental health experiences and challenges faced by racial and ethnic minorities. The goal is to promote understanding, provide support, and encourage access to mental health resources within these communities. It's an important initiative to address disparities in mental health care and to promote overall mental wellness for everyone. Our intern Tisifenee Taylor speaks from a clinical standpoint on the importance of spreading awareness on this topic.



PARENTING SUPPORT GROUP

A NO JUDGEMENT ZONE

Last month, we announced the commencement of our two support groups. In an effort to elaborate, this newsletter will have more details regarding both groups. Our first group, facilitated by Paola Balseca, is called Nurturing Minds: Parenting Support Circle. In this group, we aim to have new and expecting parents receive encouragement, validation, and practical advice from fellow group members and our experienced clinicians. Paola speaks on the dynamic she strives to have with group members.



TRANSGENDER SUPPORT GROUP

A SAFE SPACE

We also have a second support group that we are excited to be offering. This group, facilitated by Breckin Crowley, Embracing Yourself: A Journey to Self-Love, will provide a supportive and affirming space where those navigating the journey of gender transition or exploring their gender identity can feel safe to share their experiences. Contact us if you are interested in participating! Breckin speaks on the environment he feels is crucial to the participants' success.



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Minority Mental Health Month

AWARENESS AND ADVOCACY

Minority Mental Health Awareness Month is observed in July. It aims to bring attention to the unique mental health challenges faced by minority communities, including racial and ethnic minorities, LGBTQ+ individuals, immigrants, refugees, and others who often face disparities in accessing mental health care.

According to the Substance Abuse and Mental Health Services Administration (SAMHSA), racial and ethnic minority groups in the U.S. are less likely to have access to mental health services compared to their white counterparts due to poverty, disparities in health insurance coverage, and access to affordable healthcare.

Cultural beliefs and practices can also influence attitudes toward mental health and help-seeking behaviors within minority communities. There is a growing recognition of the importance of culturally competent care that respects and addresses cultural backgrounds and beliefs.

The observance highlights the importance of reducing stigma, and promoting resources and support tailored to these communities' needs. It's a critical opportunity to raise awareness, foster understanding, and advocate for equity in mental health services.



Clinician Corner

"Significant disparities exist when considering mental health in minority communities. We can all play a role in

fostering open dialogues, cultivating empathy and understanding, sharing resources to support individuals and families on their journeys. Let's work towards normalizing mental health care as an integral part of overall healthcare. If you feel apprehensive about therapy, try not to talk yourself out of it. Give it a chance and take that first step towards better mental health."

Tisifinee Taylor, LMHCA



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Nurturing Minds

PARENTING SUPPORT GROUP

Nurturing Minds, our new parenting support group circle offers an environment free of judgment where parents can connect with others who are going through similar experiences and challenges. Sharing stories and advice can reduce feelings of isolation and provide emotional validation. Positive feedback and encouragement from peers can reinforce your strengths as a parent.

Through evidence-based practices, our facilitator, Paola Balseca, hopes for members to learn effective coping strategies for managing stress and balancing the demands of parenting with other responsibilities. Hearing how others manage similar challenges can provide practical tips for self-care and well-being.



With regular attendance, members can receive validation for their feelings and experiences as parents. Being understood and empathized with by others who share similar joys and struggles can enhance your emotional well-being.

Throughout the process, our clients can develop meaningful friendships and social connections with other parents. Sharing your journey with open, like-minded individuals can lead to lasting friendships and a supportive network. Contact our office for more information on our support groups and how we can meet your individual needs.

Clinician Corner



"Our group, Nurturing Minds - Parenting Support Circle encourages open dialogue, sharing of experiences, and

mutual support among members. Key goals include enhancing parenting skills, promoting mental well-being, and building confidence in the parenting journey. Participants can find comfort, learn from each other's perspectives, and develop resilience in facing the transitions of becoming a parent."

Paola Balseca, LMHCA



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Embracing Yourself - A Journey To Self Love

TRANSGENDER SUPPORT GROUP

Our new transgender support group offers a safe and inclusive space where individuals can connect with others who share similar experiences, challenges, and identities. Peer support is a cornerstone of transgender support groups. This sense of community can reduce feelings of isolation and provide validation and support.

Our goal is to offer an environment of solidarity and understanding. Through various evidence-based strategies, our knowledgeable and experienced facilitator, Breckin Crowley, will foster a safe space while encouraging and guiding participants to be more open and connected with other group members. This can help members work through many complex aspects of their journey to transition.



Our goal at Let's Talk About is to make sure our clients can share personal experiences without fear of judgment or disclosure while providing strategies that can help them live more healthy and well-rounded lives. Contact our office for more information on our support groups and how we can meet your individual needs.

Clinician Corner



"In our group, *Embracing Yourself - A Journey To Self Love*, we hope to touch on many topics including but not

limited to: transgender identities, navigating the process, relationships and support systems, coping strategies, resources, etc... While addressing these topics, we hope participants gain a sense of community, improved mental health, and feel empowered to navigate the challenges they may face.

Breckin Crowley, LMHC



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Let's Talk About
Mental Health Counseling
Psychological Immigration Evaluations



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OUR CLINICIANS

Michelle Asencio

Specialty: Anxiety, Depression, Mood disorders, Sexuality issues, Sex Therapy, Couples, Marriages, Adjustment Disorders, Pre- Marital

Modality: Cognitive Behavioral Therapy, Sex Therapy, Solution Focused Therapy, Client Center Therapy, Brief Solution Therapy, Couples Therapy

Kaiza Canales

Specialty: Anxiety, Depression, Anger Management, Mood Disorders, Adjustment Disorders, Pre-Marital, Couples Therapy, Trauma Focus, Parenting, Social Skills -Spanish- English 6 years old +

David Gomez

Specialty: Anxiety, depression, Anger Management, Mood Disorders, Adjustment Disorders, Behavioral Issues, Parenting Issues, Parenting, Autism, Social Skills Spanish - English - 3years old +

Brecking Crowley

Specialty Anxiety, Depression, Mood disorders, Anger Management, Mood Disorders, Adjustment Disorders, LGBTQIA+, Tansgender, Substance Abuse, Trauma, Couples Therapy, Social Skills , Adults 18 +

Paola Balseca - Registered Mental Health Counselor Intern

Specialties: Anxiety, Depression, Pre & Postpartum Depression, Anger Management, Mood Disorders, Adjustment Disorders, Behavioral Issues, Parenting Issues, Social Skills, Couples, Domestic Violence, Spanish - English, Kids 6 +

Tisifenee Taylor - Registered Mental Health Counselor Intern

Specialties: Anxiety, Depression, Pre & Postpartum Depression, Anger Management, Mood Disorders, Adjustment Disorders, Behavioral Issues, Parenting Issues, Social Skills, Couples, Domestic Violence , Kids 6+



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OUR MISSION STATEMENT

At Let's Talk About, our mission is to provide compassionate, evidence-based mental health therapy that empowers individuals to overcome challenges, cultivate resilience, and live fulfilling lives. We are committed to creating a safe and supportive space where clients can explore their thoughts, feelings, and experiences without judgment. Through collaborative and personalized treatment approaches, we strive to promote healing, growth, and positive change. Our goal is to empower clients to harness their strengths, develop effective coping skills, and cultivate meaningful connections with themselves and others. Together, we work towards fostering a community where mental health is prioritized, stigma is challenged, and individuals thrive.



WE APPRECIATE YOUR REFERRALS!



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