MONTHLY NEWSLETTER

May 2025 Volume 2, Issue 5

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!

YOUR MIND MATTERS: REAL SUPPORT EQUALS REAL CHANGE

May is Mental Health Awareness Month, a time to raise awareness, fight stigma, and support the mental well-being of ourselves and others. Whether you're seeking support, offering it, or learning more, this month, we come together to advocate for accessible care and compassionate conversations. Join us this month as we grow together!

TURN AWARNESS INTO ACTION

TIPS AND TRICKS

The 2025 theme for Mental Health Awareness Month is "Turn Awareness into Action". This theme encourages individuals to transform understanding of mental health into tangible support and meaningful steps toward change. In this months newsletter, we will highlight how we can make the most of our mental health journey's together.

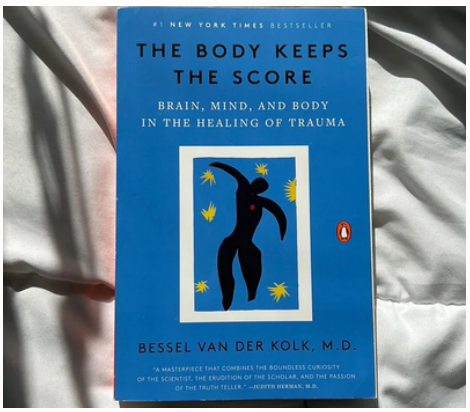
STRONG MINDS AND STRONG MOMS

Mothers are often seen as the emotional backbone of families—constantly giving, supporting, and nurturing others. But behind the strength, many moms silently carry the weight of stress, anxiety, and emotional exhaustion.

Recognizing, supporting, and openly talking about moms' mental health helps break the stigma, encourages self-care, and provides us the opportunity to celebrate who they are!

LET'S TALK ABOUT LITERATURE

THE BODY KEEPS THE SCORE



The Body Keeps the Score explores how trauma reshapes the body and the brain, often leading to lasting physical and emotional effects. Based on decades of clinical research and practice, Dr. Bessel van der Kolk explains how trauma isn't just a psychological issue.

www.letstalkabout.care
info@letstalkabout.care
689-500-7176

Let's Talk About
Mental Health Counseling
Psychological Immigration Evaluations

SE HABLA ESPAÑOL
17410 SR 50 Suite 130
Clermont, Fl 34711

Mental Health Awareness

TURN AWARENESS INTO ACTION

Mental Health Awareness Month is observed each May to raise awareness about mental health, reduce stigma, and promote well-being. In 2025, the theme is "Turn Awareness into Action." This theme encourages individuals and communities to move beyond understanding mental health issues to actively engaging in meaningful steps toward change .

Throughout May, various organizations, including the National Alliance on Mental Illness (NAMI), promote campaigns and provide resources to support mental health awareness. These initiatives aim to foster open conversations, encourage self-care, and build supportive communities.

By turning awareness into action, we can collectively contribute to a more understanding and supportive society. Here are this years key messages:

Supporting Adult Mental Health (May 1 -3):

- Use this time to open conversations about mental health and encourage older adults to seek support.
- Share free tools like stress management apps, breathing exercises, or mindfulness guides.
- As we age, we may experience life changes that impact our mental health but remind our loved ones help is always available and build connections fostering a loving environment for them and for you.

Strong Foundations for Children (May 4-10):

- This week highlights the importance of early mental health support, resilience, and self-care for children and teens.
- Teaching coping skills early empowers young people to manage emotions and challenges.
- Many children face mental health challenges—early intervention and support can make a difference.

Hope and support for Mental illness (May 11-17):

- This week focuses on raising awareness, reducing stigma, and promoting recovery for people living with serious mental illness (SMI) or serious emotional disturbance (SED) and their families.
- Early diagnosis and continuous support help people with SMI manage symptoms and live enjoyable, productive lives.

Mental / Physical health (May 18 - 24):

- This week explores how deeply connected mental and physical health are.
- Regular activity, good nutrition, and quality sleep support both mental and physical well-being
- Preventive care, strong support networks, and early intervention promote lifelong wellness.

Power of Community (May 25 - 31:

- This week focuses on the role of community, support networks, and recovery in promoting well-being.
- Social connection and community support play a vital role in mental health and recovery.
- Open conversations about mental health help break stigma and encourage people to seek support.

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Mother's Day Health

HONOR HER WITH LOVE AND SUPPORT

Mother's Day is May 11th, 2025. On this day we pause to celebrate the strength, love, and endless dedication of mothers everywhere. Whether you're a mom, stepmom, grandmother, guardian, or someone who offers a mother's love—your role is invaluable. Mother's Day is not only a time for flowers and appreciation, but also a chance to recognize the emotional labor and resilience that so many mothers carry every day. As we honor the caregivers in our lives, let's also remind them: their well-being matters too.

This Mother's Day, and all year long, let's do more than celebrate—let's support, uplift, and remind moms that their mental and emotional health matters too. While words of appreciation are always meaningful, there are countless ways to show moms just how much they're loved and cherished. Here are a few thoughtful ways to remind her she's appreciated—not just on Mother's Day, but every day.

Ways to show love and support:

- **Offer to relieve stress on her plate**
  - Ask what you can do rather than assume.
  - Assist with chores, errands, child care. Help make the day about her and what she needs
- **Create Safe Spaces for conversation**
  - Mom's all too often do all the listening, they also need to be heard about their needs.
  - Allow for open and safe conversation without judgement.
  - Resist the urge to "fix" what they need and listen and ask how you can help.

- **Encourage self care without guilt :**
  - Guilt is normal, but it shouldn't be a daily burden.
  - A "good mom" is not one who's perfect—but one who shows up, loves deeply, and takes care of herself, too.
  - Encourage mom to do things she enjoys and not lose herself in the daily stress.

Gift ideas for Mother's Day:

- Personalized gifts : Shows thought specific to her (Photobook, Custom Jewelry, kids names)
- Picnic or day outing at her favorite place
- Breakfast in bed
- Spa gift basket or at home spa day
- Coupon book with chores she can skip on
- Card or written letter
- Gift she has been asking for

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Let's Talk About Literature

The Body Keeps The Score

By: Bessel van der Kolk M.D.

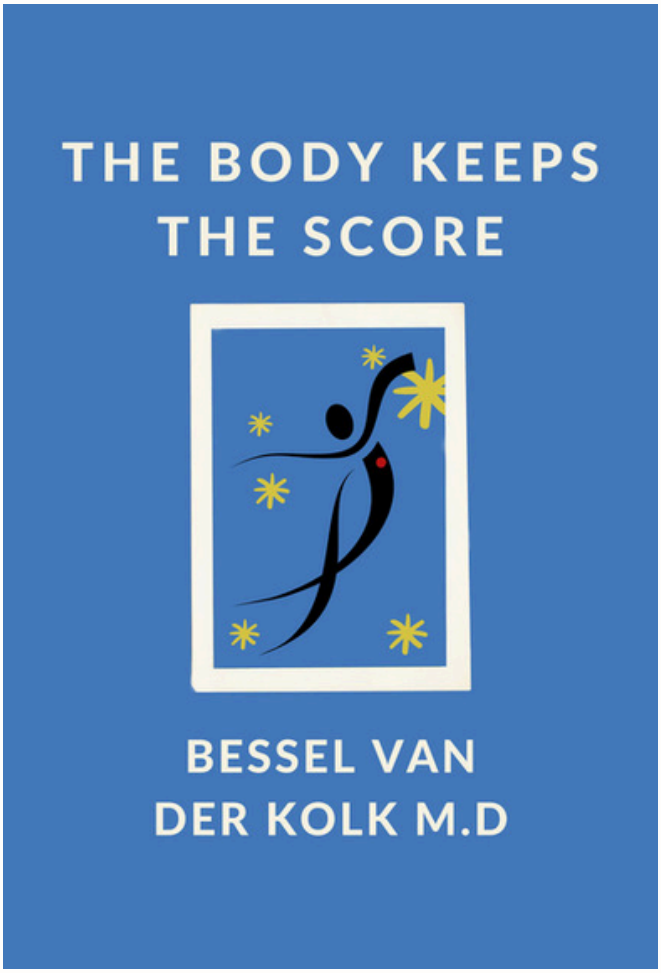
""The Body Keeps The Score" is a powerful and transformative book, where renowned psychiatrist, Dr. Bessel van der Kolk, explores how trauma reshapes both the mind and body—and how healing must address both. Drawing on decades of research and clinical experience, he reveals that trauma isn't just something we remember—it's something we live in our bodies.

Throughout this book, Dr. Bessel van der Kolk explores innovative treatments —from neurofeedback and meditation to sports, drama, and yoga—that offer new paths to recovery by activating the brain's natural neuroplasticity. Based on Dr. van der Kolk's own research and that of other leading specialists, *The Body Keeps the Score* exposes the tremendous power of our relationships both to hurt and to heal—and offers new hope for reclaiming lives.

How can this book help you?

If you've ever felt anxious, emotionally numb, overwhelmed, or stuck in old patterns, this book could be a powerful resource. In The Body Keeps the Score, Dr. Bessel van der Kolk explains how trauma reshapes the brain and body—and how true healing comes from addressing both.

Throughout you will learn why certain reactions —like panic, disconnection, or hypervigilance— are often rooted in past experiences, even if you don't consciously remember them. You will realize you're not alone—and that your struggles aren't signs of weakness but natural responses to trauma. Whether you're a friend, parent, or caregiver, this book offers insight into how trauma impacts behavior and how you can respond with empathy and patience.



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OUR CLINICIANS

Michelle Asencio

Specialties: Anxiety, Depression, Mood disorders, Sexuality issues, Sex Therapy, Couples, Marriages, Adjustment Disorders, Pre- Marital. **Spanish Speaking. 13 years old +**
Modality: Cognitive Behavioral Therapy, Sex Therapy, Solution Focused Therapy, Client Center Therapy, Brief Solution Therapy, Couples Therapy

Kaiza Canales

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

David Gomez

Specialties: Anxiety, depression, Anger Management, Mood Disorders, Adjustment Disorders, Behavioral Issues, Parenting Issues, Parenting, Autism, Social Skills. **Spanish Speaking. 3 years old +**

Breckin Crowley

Specialties: Anxiety, Depression, Mood disorders, Anger Management, Mood Disorders, Adjustment Disorders, LGBTQIA+, Transgender, Substance Abuse, Trauma, Alternative Lifestyle, Sexuality, 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 Speaking. 6 years old +**

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. **6 years old +**

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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