

THE BAREFOOT COUNSELOR

&

HEALING WITH ART N SOUND

OCTOBER 2024



NEWSLETTER

WELCOME

As we step into October, it's hard not to look back on the month of September without a heavy heart. It began with the unimaginable—school shooting that shook our community to its core. Before we had time to fully process that, we were hit by a devastating hurricane that caused over \$15 million in damage and has claimed the lives of over 120 people. These events left many of us feeling lost, overwhelmed, and unsure of how to move forward.

When tragedy strikes in rapid succession, it's natural to feel like the ground beneath us is no longer stable. We may find ourselves struggling with grief, fear, or even guilt for surviving while others have suffered so deeply. These are normal reactions to trauma.

But the question remains: how do we cope?

Acknowledge the Pain – The first step is to allow ourselves to feel the grief, the sadness, and the frustration. Bottling up emotions can lead to burnout or prolonged suffering. It's okay to feel overwhelmed by everything that's happened.

Lean on Each Other – During times of crisis, connection is our greatest strength. Whether through community gatherings, support groups, or simply reaching out to a friend, sharing our pain can help lighten the load.

Create Space for Healing – It's important to give ourselves time to heal, both mentally and emotionally. This may look like practicing mindfulness, attending a support session, or engaging in creative expression like art or journaling.

Seek Professional Support – For many, these events may trigger deep feelings of anxiety, PTSD, or depression. Seeking the help of a therapist or counselor is not a sign of weakness but a step toward healing and resilience.

As we navigate the aftermath of these traumatic events, remember that healing is a process, and it's okay to take small steps. You're not alone in this. Together, as a community, we will continue to support each other, rebuild, and find peace again, no matter how long it takes.

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Last month, our team partnered with Southside Support and hosted the Mom's of Neuro-Dynamic Kiddos Support Group and it was well received. Our next Moms of Neuro-Dynamic Kiddos group will meet on Wednesday, October 23 at 10:00 am. Contact [Southside Support](#) to register. We will also be partnering with Southside Support for adult game night on Oct 4.

We have also partnered with Rooted Vines Tea for Sound Bath and Tea with Mayah and Lei. We are looking forward to a soothing evening with Ms. Mayah and her variety of teas.

On the weekend of October 18th we will be hosting the community tent at the Magnolia Festival - Join us as we create a community project for Peachtree City.

ART N SOUND SCHEDULE

October Schedule

Sound Bath and Tea

October 3rd

October 24th

All sessions are 1 hour long,
starting promptly at 7 pm at \$20



Drum Circles

October 13th

All sessions are 1 hour long on the front lawn,
starting at 4 pm at \$20

Call or Text 770.624.3556 to hold your spot

Magnolia
FINE ARTS FESTIVAL



DATES TO REMEMBER

Oct 1-31: Breast Cancer Awareness Month

Oct 1: Coffee Day

Oct 4: Smile Day

Oct 10: World Mental Health Day

Oct 19: National LGBT Center Awareness Day

Oct 31: Halloween

