

Happy Holidays!!!



CDM Counseling & Consultation Services, LLC

Tis the season...



Dear Therapy Participants,
It's been another exceptional year of challenges and changes yet we continue to survive them all. We are brave people, resilient people, and adaptable. As this year draws to a close we thank you for your unwavering commitment to our shared values and your support to our mental health community. We appreciate the opportunity to partner with you in your mental health care! In the spirit of the holidays, we extend our deepest gratitude to each therapy participant of CDM Counseling & Consultation Services, LLC for your loyalty, trust, and partnership with us. You are the cornerstone of your own journey and together we will achieve emotional and spiritual wholeness. We wish you all the best in the coming year! And may you and your family have a safe, and rewarding holiday. Merry Christmas!

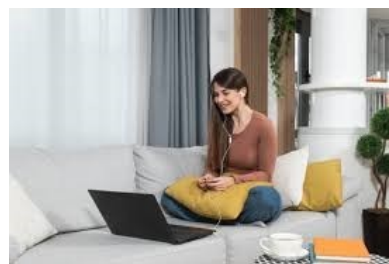
We are pleased to share the following accomplishments, milestones, and collective successes that shaped the narrative of our practice this year:

Convenient and Easy Telemedicine:

Telehealth services continued to be offered year-round to all of our therapy participants. Please inquire further if you are interested.



Telehealth might be the best option for you. Check it out if you haven't already.



Group Therapy:

More exciting group therapy topics will be offered during the 2024 calendar year by our newest team member, Theresa Krasinski. If you are interested please let your therapist know. Additional information and group postings to follow...



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New Offices:

We have a new office in Southington led by Carolyn in addition to the older space and 2 new offices coming soon toward the lower end of the state in the Westport/Norwalk area. The offices will be officially open March of 2024. Book your appointments soon!

Provider News:

Theresa Krasinski is the newest member of the CDM Counseling & Consultation team. She is currently working as an intern and is on the final stretch of completing her master's degree in clinical mental health counseling from Walden University. She is looking forward to obtaining her licensed professional counselor- associate license in early 2024 and beginning her official career with CDM Counseling! Theresa will be heading up the offices in the southern end of the state.

Carolyn Vargas M.A. HSC, CLC, is an associate counselor at CDM Counseling LLC, as well as a Certified Life Coach and owner of New Creation Life Coaching LLC. She is accepting new participants for the new year, so book now while spots are available! Her passion is restoring mental and spiritual health while helping people find vision and purpose for their lives. She loves working with children 8 years old and up through the teen years, as well as adults and families. She specializes in anxiety, depression, pre-marital, marriage/family and parenting. She is the point person in the new Southington office. Please check out her website: <https://www.carolynvargascl.com/>

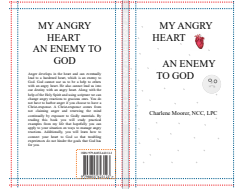
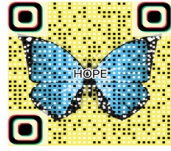
Sam Punt, CMHC, LPCA, Senior Associate and Adolescent Specialist, has had another busy year! Sam continues to support and be an active member in the growth and development of CDM Counseling and Consultation Services, LLC. This includes providing services to the community's troubled, struggling, and lost youth and adults. It has been an extremely challenging time for this population because of societal changes and the effects of the pandemic. She is offering counseling in both CT and MA, which we hope Sam will head up an office in that area in the near future. Personally, Sam continues her educational journey to achieve her Psy.D. in Psychology with a specialization in Criminology and Justice Studies. She has proudly begun her dissertation research on "The Diagnostic Possibility of Antisocial and Psychopathic Behaviors and Symptomatology in Juveniles: An Analysis of DSM-5 Criteria, Juvenile Behaviors, and Symptomology". The purpose of this project is to emphasize the inconsistency and lack of diagnostic criteria in the DSM-5 regarding antisocial and psychopathic behaviors and symptomology in juveniles. Please check out Sam's handout if you are struggling with anxiety: "Change Anxiety From Impossible to Possible." [CLICK HERE](#) She has also been successfully helping participants transform symptoms of anxiety from not manageable to manageable. Lastly, she would like to wish everyone a happy, healthy, and blessed holiday.

Charlene Moorer, NCC, LPC is now also adding another credential to her name, Board Certified, Christian Counselor (BCCC). As the practice owner, her goal is to continue exploring spiritual and mental health opportunities to assist others in achieving a positive psychological well-being. In the process of continuing to grow the practice we plan to create a mental health community of helpers with team members and therapy participants dedicated to accomplishing state-wide healing and wholeness. Personally her goal is to thwart the enemy's plan to rob folks of their psychological stability. Professionally, she is dually working on her doctorate in psychology at CBIS along with pursuing her certification as a Certified First Responder Counselor, CFRC. Charlene has three (3)

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books published and on sale please use the hyperlinks to take a look. She is working on another entitled: The Art Of Smiling, which is slated to be complete by late winter/early spring.

Book links:



News Letter:



Check out our news letter for a little mental health education. The topic this month is: Spirituality & the Brain. [News Here](#)

Upcoming Holidays to be Observed:

New Year's Day • Monday, January 1
Martin Luther King, Jr. Day • Monday, January 15
Presidents Day • Monday, February 19
Memorial Day • Monday, May 27
Juneteenth • Wednesday, June 19
Independence Day • Thursday, July 4
Labor Day • Monday, September 2
Veterans Day • Monday, November 11
Thanksgiving Day and the Day After • Thursday, November 28 and Friday, November 29
Christmas Eve and Christmas Day • Tuesday, December 24 and Wednesday, December 25
New Year's Eve and New Year's Day • Tuesday, December 31 and Wednesday, January 1, 2025

Please visit us on the web at: <https://cdmcounselingllc.com/> if you have more questions concerning services or would like to contact us to arrange services for someone else.

Review us on Healthgrades:

<https://www.healthgrades.com/providers/charlene-moorer-xynkpt9>



**Holiday Gift
for you!**

****Happy Hanukkah, Merry Christmas & Happy Kwanzaa****