

# Xenia Newsletter



## Exciting News: Our Newsletters are Back!

After a long hiatus, we are thrilled to announce the return of our newsletters!

You'll notice many new faces around the office and hear about the new services we're introducing. We'll roll these out as they become available. Thank you for your continued support, and we can't wait to share all the exciting plans we have in store!



## Set Intentions

January is a time for re-imagining how we can better ourselves and the situations we find ourselves in. This month, we encourage you to focus on personal reflection and use these prompts to better identify your intentions for the year:

What are three things you are grateful for from the past year?

- Reflecting on gratitude can help set a positive tone for the new year.

What areas of your life do you want to focus on improving or nurturing this year?

- Identifying key areas helps to direct your intentions and efforts.

What specific actions can you take to support your mental and emotional well-being?

- Planning actionable steps can make your intentions more achievable.

What is one habit or mindset you would like to cultivate or change this year, and why?

- Understanding your motivation can strengthen your commitment to your goals.



## Reflecting and Finding Meaning

2024 was a busy year for me. There were many changes and diverse experiences that provided valuable lessons. I had numerous amazing moments that enriched my work as a therapist and many that highlighted areas for further growth to better assist the Xenia community.

My intention for 2025 is to continue offering consistent support to the clients and patrons of Xenia. Additionally, I aim to bring in more people and their expertise to build a larger and stronger community for everyone who comes into our spaces.

Throughout this year, please feel free to reach out and give me any feedback you may have. I will have a suggestion box available in the reception area for feedback and assessments, which I will check weekly. You can remain anonymous or share your contact information if you would like a follow-up.



Here's to an amazing 2025!

-Hailey Maire-Grant, Owner

## Meet Our New Team Members!

Summer Hibbard,  
ACMHC

Summer enjoys cross stitch, yoga, and binge-worthy tv shows. She also really enjoys yoga, and stay tuned because she may start some yoga centered groups.

Specialties:

Summer is seeing individuals 10+ and couples. She works well with depression, anxiety, and eating disorder behaviors.



Kylee Denison,  
CSW

Kylee is a fan of skiing, surfing, and being with her friends and family. She always has the best smile and working on new self-care methods!

Specialties: Kylee is seeing ages 14+. She works well with anxiety, teen issues and women's issues.

Briea Pollard,  
MSW Intern

Briea enjoys playing the guitar as well as video games (Zelda is a favorite). She and her partner enjoy crafting together and spending time with their pets.

Specialties: Briea is currently seeing clients ages 6+, along with working with LGBTQ+ community and victims of crime.



Reach out to schedule with  
any of our Therapists!



## Policies to Remember:

### 48 hr Cancellation:

To help our clinicians maintain full schedules and to respect everyone's time, we require a minimum of 48 hours' notice for session cancellations. If a session is canceled within 48 hours of the scheduled time, the full session fee will be charged.

### 15 min late Cancellations:

To ensure effective use of therapy time and maintain the integrity of our schedules, clients who arrive 15 minutes late (either online or in-person) will be charged the full session fee, and the session will be canceled. Sessions cannot proceed after a 15-minute delay as it disrupts the therapeutic process and affects subsequent appointments.



## Book Recommendations:

This year we are going to be doing things a little differently! We will be recommending books we've read, and giving you some prompts to consider while reading this on your own! Pick and choose what feels like the right pace for you, and feel free to pick and choose what appeals to you!

*Ok, this book is definitely geared towards women, but I have had a LOT of men say they agreed with and felt understood by the messages presented in Burnout by Emily and Amelia Nagoski.*

*Have you every wondered why you reach the point to complete exhaustion so soon? Or why you always seem so much busier than everyone else around you? Do you get a lot of compliments for how you can "just handle more than most people" and you can "balance it all"? This may be a good book to look into if any of those statements felt familiar.*

*I read Burnout during an extremely stressful point in life, and it was so relieving to know I didn't have to continue to live like this. I could still be productive AND have boundaries to protect my calm.*

*-Hailey Maire-Grant*

Check out our Instagram for prompts to consider as you read Burnout- @xeniacounseling

