



From the Therapist's Chair



February often comes with conversations on love, friendships, and relationships. Yet, love is not limited to romantic gestures or Valentine's Day traditions. It shows up in consistency, emotional safety, respect, and care - in our relationships with partners, friends, family, and ourselves.

Why Boundaries Matter

Boundaries aren't about pushing people away; they help relationships feel safer and more sustainable. Clear limits protect our energy, reduce resentment, and allow us to show up more fully and authentically.

Boundaries as an Act of Love

Saying "no" doesn't mean you care less - it often means you care more. Boundaries communicate honesty and self-respect, creating space for healthier, more connected relationships.

Boundaries can look like...

- Saying "no" without overexplaining
- Taking space to regulate before responding
- Communicating needs clearly and calmly
- Letting go of guilt when honoring your limits

Boundaries support honesty, trust, and emotional safety - for everyone involved.

A Gentle Reminder...

You don't have to choose between connection and self-respect. When boundaries are set with care, they allow love to feel safer, steadier, and more sustainable.

Therapist Spotlight

Kristie Bisailon



"I take pride in my role of helping someone else on their journey of life. I enjoy taking the time to help people build knowledge, gain awareness and come back to session with updates. It took me a while to figure out what I wanted to be when I grew up and I could not imagine doing anything else."

"The word that guides me through the winter season is "grace." I try to practice giving myself grace throughout the year. It can be more difficult in the winter months because of our external environment. Giving grace means to forgive yourself and move forward."

"I have a lamp that emulates the sun, and this is very helpful in caring for my mental health during the shorter, darker days. I also try to enjoy sunshine for even a short amount of time each day!"

"One small winter ritual that helps me feel grounded in the winter is SWIMMING! I enjoy going to my local park district for a swim. There is something very special about being able to swim inside when there is snow on the ground outside!"

"What I look forward to the most about winter besides the holidays, is having sledding adventure with Hot Chocolate when we come inside!

"To reset and recharge before the new year, I enjoy getting back onto a routine, setting a new intention word for the year and finding balance after all the fun holiday festivities!