



From the Therapist's Chair



In therapy, growth often begins not with adding more—but with clearing space. When we release shame, unrealistic expectations, or outdated beliefs about ourselves, we make room for clarity and self-compassion.



A Season of Clearing



Spring often inspires us to open windows, clear closets, and refresh our spaces. But just as our homes collect clutter, so do our minds and hearts. March can be an invitation to gently notice what you've been carrying - and what you may be ready to release.

What is Emotional Clutter?

Emotional clutter can look like:

- Lingering resentment
- Old self-critical narratives
- Unprocessed stress
- Obligations that no longer align

Not everything we carry still serves us. Awareness is the first step toward lightening the load.

Letting Go Gently

Releasing doesn't mean dismissing or minimizing your experiences. It means acknowledging what happened and choosing not to let it define your present. Sometimes "letting go" is simply loosening your grip—one thought, one expectation, one pattern at a time.



You might ask yourself:

What feels heavy right now?

What would feel lighter if I allowed it to shift?

A Gentle Reminder...

You don't have to overhaul your entire life this spring. Even small shifts—one boundary, one reframed thought, one honest conversation—can create meaningful change. Growth often begins with clearing space.

Therapist Spotlight

Julie Rios



Being a therapist feels both deeply human and sacred. It's a privilege to sit with someone in their pain and offer safety, support, and practical tools for healing. Walking alongside people as they rediscover who they are is incredibly meaningful to me. This work is more than a profession — it's a calling I'm truly grateful for.

"There are a couple of favorite signs that spring has sprung: longer days, brighter mornings, and **WARMER**

weather! These qualities of spring help me boost my mood and energy. Spring reminds me that seasons change and hard winters don't last forever.

Spring always means one thing in our family — opening day at Mario's Italian Lemonade. This tradition started in my childhood and now feels even sweeter sharing it with my own family. They open May 1st every year, and my favorite flavor is Piña Colada — sweet, refreshing, and a little reminder that summer (my favorite season) is almost here. Some traditions just feel like sunshine in a cup.

Emotional renewal feels quiet and intentional. It's allowing myself to rest without guilt, to need support, and to release the pressure to fix everything. When I tend to my own emotional well-being, I'm able to show up for my clients with greater presence and compassion.

Spring is a time of spiritual and relational reset for me. I return to prayer walks, quiet gratitude, and stillness — which naturally leads me to reflect on my relationships and whether they align with my values. It's a season of realigning, reconnecting, and making gentle adjustments where growth has happened.