

Mindful Paths

Wellness Watch Newsletter ••• Volume 3, Issue 2

What's NEW at Mindful Paths?

Meet Margaret "Maggi" Kessler:

Maggi is a Licensed Professional Counselor in Pennsylvania who has 15 years of experience working in the mental health field. Maggi has a wide range of experiences with adolescents and adults. She has experience addressing depression, stress, and communication and specializes in treating anxiety disorders which range from general anxiety to Obsessive Compulsive Disorder, and trauma.

Maggi uses a variety of therapeutic approaches and believes that it is necessary to meet you where you are to help you to get where you belong. Maggi is currently accepting new clients with Highmark Insurance or clients who wish to self-pay for her services.

We are offering a FREE psychoeducational group for anxiety management!

Anxiety is a common reaction to the stressors in our life. We've all felt it: the sweaty palms, rock in your stomach, or racing thoughts that follow a stressful moment. For some people, these feelings can become intrusive or hard to manage and they do not understand why. If you are having trouble managing your anxiety or just want to learn more, consider joining our anxiety group.

Kayla Doran, our practicum student will be running this group as part of her graduation requirements.

The group will consist of six, one-hour meetings in the Community Room located in the basement of the Edinboro Borough Building. Meetings will start on Monday, March 11th at 5:00pm and will be held for the following 5 consecutive weeks at 5pm on Mondays. Group members can expect to learn more about anxiety, symptoms, and causes. Members will have the opportunity to discuss their current coping strategies and develop and practice new ways to cope with and manage anxiety.

Kayla Doran is a student at Edinboro University pursuing her Master of Arts in Counseling. She will be completing her clinical practicum experience with us until May. Kayla obtained a Bachelor of Arts in Psychology and Sociology from Thiel College. Her career aspirations are to work with adults and young adults in a private practice setting or on a college campus.

Mindful Paths will help you take the first steps on your path to mental wellness.



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Mindful Minute: Cognitive Behavioral (CBT) has been shown to help in the reduction of anxiety symptoms (Carpenter, Andrews, Witcraft, Powers, Smits & Hofmann, 2018). The theory of CBT is that our thoughts, feelings, and behaviors are all interconnected; and bringing awareness to this can result in an alleviation of symptoms. Kayla's group will focus on what CBT is and how you can use it for your own anxiety management! **Call the office to reserve your spot in this free group!**

Mindful Paths accepts several commercial health care plans. Hours are by appointment. Please feel free to copy and distribute this newsletter to others who may benefit from the information. If you do not wish to receive newsletters from Mindful Paths LLC, please call or write with your preferences.

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