

DEAR FAMILY COUNSELING PLLC



NO. 4

DEAR FAMILY
COUNSELING PLLC

JUNE 2025

WELCOME TO THE FAMILY NEWSLETTER

Your Monthly Mental Health Boost!

HEY FRIEND,

WE MADE IT TO JUNE—AND I WANT TO PERSONALLY INVITE YOU
TO SOMETHING NEW THIS MONTH:

- 🌸 CLARITY ABOUT WHO YOU ARE
- 🌸 CONFIDENCE IN HOW YOU SHOW UP
- 🌸 JOY IN THE LITTLE MOMENTS AGAIN

IF MAY WAS ABOUT AWARENESS, JUNE IS ABOUT **ALIGNMENT**.
YOU'VE BEEN DOING THE INNER WORK. NOW IT'S TIME TO FEEL
LIKE YOU AGAIN. TO FEEL STRONG, ROOTED, AND FULL OF
PURPOSE.

THIS MONTH'S FOCUS: CONFIDENCE AFTER CHAOS

CONFIDENCE ISN'T ABOUT HAVING IT ALL FIGURED OUT.
IT'S ABOUT SHOWING UP ANYWAY, EVEN WITH SHAKY HANDS.
AND BABY, YOU'VE BEEN SHOWING UP IN THE BEST WAY!

CHECK OUT THIS MONTH'S BLOG:

"CONFIDENCE AFTER CHAOS: HOW TO REBUILD WHEN YOU'VE BEEN THROUGH IT"

YOU'LL GET **3 POWERFUL TOOLS** FOR REALIGNING WITH YOUR VOICE, YOUR TRUTH, AND YOUR STRENGTH.

[READ THE BLOG HERE ►]

FEATURED RESOURCE: "GIRL, YOU GOT THIS!" WORKBOOK
FEELING LIKE ANXIETY HAS BEEN STEALING YOUR SHINE?
THE GIRL, YOU GOT THIS WORKBOOK WILL BE AVAILABLE THIS MONTH
AND IS THE PERFECT TOOL TO SUPPORT YOUR CONFIDENCE + CALM
JOURNEY THIS MONTH.

- ✓ GUIDED PROMPTS
- ✓ GROUNDING EXERCISES
- ✓ TOOLS YOU CAN ACTUALLY USE ON A ROUGH DAY

[STAY TUNED ON HOW TO GRAB YOUR COPY BY FOLLOWING DEAR DIARY PUBLISHING LLC]

JOURNAL PROMPT OF THE MONTH:

**WHAT WOULD IT LOOK LIKE TO FULLY TRUST MYSELF AGAIN?
TAKE 10 QUIET MINUTES, BREATHE, AND LET THE WORDS FLOW.**

COMING IN JUNE ON SOCIAL:

- AFFIRMATIONS TO BOOST YOUR SELF-WORTH
- GENTLE SELF-CARE IDEAS
- CLARITY QUESTIONS FOR YOUR HEALING SEASON
- A FATHER'S DAY MESSAGE (FOR THE WHOLE RANGE OF FEELINGS)
- FOLLOW ALONG ON INSTAGRAM + FACEBOOK
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YOU'RE NOT BEHIND. YOU'RE RIGHT ON TIME.
LET'S MAKE JUNE A MONTH OF HEALING, JOY, AND WALKING IN YOUR
FULL LIGHT. YOU GOT THIS.



WITH LOVE,
CICELY
LICENSED MARRIAGE & FAMILY THERAPIST
DEAR FAMILY COUNSELING PLLC
DEAR DIARY PUBLISHING